real life made simple

Canadian Living

40+ fashion TRENDS FOR THE SEASON

featuring even more CANADIAN PRODUCTS!

get ready for spring!

MAD-FOR-MAPLE SAVOURY DISHES

PROTEIN-PACKED MAINS & SNACKS

CHANGE YOUR LIFE IN JUST 5 MINUTES A DAY

bake the cover
MAPLE CARAMEL ROLLS
PAGE 12

THE *best masks* TO
PAMPER WINTER-WEARY SKIN

canadianliving.com

FLOWERING SHRUB OF THE YEAR™
SCENTARA® DOUBLE BLUE Lilac
TRIALED & TESTED FOR YOUR SUCCESS

PW
PROVEN WINNERS®
COLOR CHOICE

It's our most fragrant lilac yet! Scentara Double Blue lilac's large violet-blue double florets form lush clusters that fill your garden with an intoxicating spring scent. Easy to grow and disease resistant, it's a beautiful way to add charm and elegance to any garden.

Look for Scentara Double Blue lilacs in the distinctive white Proven Winners container at your local garden centre, or learn more at ProvenWinnersColorChoice.com

SCAN TO LEARN MORE

We can't get enough of these Oatmeal Walnut Cookies with Maple Icing (see page 88). Topped with some crumbled chocolate mini eggs they're the perfect end to your Easter dinner!

LICENCE TO chill

Every year, when April's inevitable showers start coming down, we're of two minds. On one side is the thought, "C'mon, it's *definitely* better than snow," and on the other, "Will the sun *ever* shine again?" Even if you're in the former, glass-half-full, camp, there's no doubt that those endless raindrops that keep falling on your head can put a downer on your so-called spring day. All those plans to finally get outside and Get Things Done are thrown by the wayside.

But here's an idea: What if you put that obligatory indoorsy time to good use? Don't panic—we're not talking about overhauling the kitchen or a top-to-toe cleaning that will leave you exhausted. We have more of a self-care, put-your-mind-to-all-the-little-things-you've-neglected scenario in mind. Kind of spring puttering, if you will. Does that sound as good to you as it does to us? If so, here are a few suggestions for spending what we like to call a home mental health day.

PLAN YOUR GARDEN Take to Pinterest, haul out the seed catalogues and lose yourself for a couple of hours in creating a vision for colourful plantings.

BINGE WATCH A NEW SHOW May we suggest BritBox's latest Agatha Christie adaptation, *Towards Zero*, which drops mid-April, and the sumptuous Italian historical drama *The Leopard*, which releases March 5 on Netflix.

CHOOSE A RAINY DAY PLAYLIST from Spotify or other music streaming service and sing along (Spotify's 'Easy Listening' and 'Floating' playlists feature a slew of tunes perfect for belting out).

CLEAN OUT YOUR LINEN CLOSET or tackle another small area like the cupboard under your bathroom sink. Spring cleaning, check.

BAKE COOKIES Our current favourite recipe is the Oatmeal Walnut Cookies with Maple Icing in our "All for the Nest" story on page 88. Yum!

PUT TOGETHER A MENU FOR THE MONTH, and a corresponding grocery shopping list.

PAMPER YOUR SKIN Take your cues from our product picks for sheet masks, patches and pads in our "Stick To It" story on page 18.

MEND SOMETHING This is the perfect opportunity to finally get around to sewing that button back on your favourite shirt or gluing your vintage statuette back together.

Canadian
Living team

✉ cl.readers@tva.ca f facebook.com/canadianliving
twitter.com/canadianliving instagram.com/canadianliving

RECIPE, MARIE-ÈVE LAFORTE. PHOTOGRAPHY, TANGO/C. FOOD STYLING NATALY SIMARD. PROP STYLING, CAROLINE SIMON

Canadian Living

EST. 1975 | VOL. 50, NO. 03 | APRIL 2025

TO EMAIL ONE OF US: FIRSTNAME.LASTNAME@TVA.CA

Vice-President, TVA Publications Lyne Robitaille
Managing Director Operation & Circulation Sandra Desjardins
Senior Director, Multi-Platform Content Marlie Beaudin
Editor, Convergence Marketing Annie Ouellet
Publication Director Geneviève Guertin
Art Director Caroline Collin
Graphic Designers Marie-Élaine Michaud, Jacynthe Vallières

EDITORIAL

Deputy Editor Marianne Davidson
Assistant Editor Christina Zisko
Food Editor Marie-Ève Laforte
Contributing Editors Madeleine Lavin, Suzanne Moutis
Copy Editor Fina Scroppo

OPERATIONS & PRODUCTION

Production Coordinator Martine Lalonde
Production Manager all platforms Steeve Tremblay
Infographics Josée Blais
Photo Editing Stéphanie Bachand, Patrick Forgues, Éric Lépine, Joe Michasiw
Acquisitions & Copyright Negotiation Manager Mélanie Turcotte

MARKETING

Marketing Senior Director Marc-André Laporte
Marketing Director all platforms Marie-Josée Smith
Director, Print Production Patrik Ferland

CIRCULATION

Circulation Director Evelyne Labonté
Project Manager Olga Goncalves-Costa
Head of Marketing and Acquisition Nadine Beaulieu
Head of Operations and Loyalty Joanne Dormoy

ADVERTISING SALES, TORONTO

(kimberley.rouse@quebecormedia.com)
Senior Director Marie-Claude Desjardins
Sales Experts, Magazines Jillian Dann, Andrea Jones, Manon Labelle, Randy Mauskopf, Jeff Pattison, Genevieve Perras, Liane Tabah

ADVERTISING SALES, MONTREAL

(kimberley.rouse@quebecormedia.com)
Principal Vice President, Sales Patrick Jutras
Senior Director, Print Solutions Kimberley Rouse
Director, Commercialization Magazines & Newspapers Stéphanie Magnan (interim)
Advertising Sales Coordinators Rosina De Rose, Maria Perrotti, Chantal Simard

QUEBEC CITY AND REST OF QUEBEC

418 688-9330 ext. 7501
General Director Nathalie Langevin

SENIOR MANAGEMENT, TVA GROUP INC.

Vice President Finance Marjorie Daoust
Vice President Communications Véronique Mercier

PRINTING

Printed at Transcontinental RBW Graphics, a division of Transcontinental Printing 2005 G.P., 2049 20th St. E., Owen Sound, ON N4K 5R2. All reproduction requests must be made to COPIBEC (paper reproductions at 800-717-2022).

DISTRIBUTION

Distributed by Comag.

SUBSCRIPTIONS: 1 800 387-6332, CANADIANLIVING.COM

CANADIAN LIVING, Sub. Dept., P. O. Box 240, succ. Saint-Laurent, QC H4L 4V5.
Send address changes to the post office box address above, including the mailing label from your latest issue. Allow eight weeks for changes.

SUBSCRIPTION PRICES

Canadian Living is published 10 times per year except for occasional combined, expanded, special or premium issues. Canadian subscriptions: One year = $39.95 (plus taxes). U.S. subscriptions: One year = $90 (payable in advance). International subscriptions: One year = $180 (payable in advance). We occasionally use our subscriber list for marketing purposes or share it with carefully selected companies whose products may be of interest to you. If you do not want your name to appear on this list, please notify us in writing. Canadian Postmaster: Return undeliverable Canadian addresses to Canadian Living, 88 Queens Quay W, 2nd Floor, Toronto (Ontario) M5J 0B6. Publications Mail Agreement 41557548, PAP Registration 08282. Postage paid at Gateway in Mississauga, ON.

Digital editions are available on Molto, Zinio, Press Reader and Ebsco.

OUR PRIVACY POLICY

The reproduction of written material, illustrations or photographs from this magazine is prohibited. Although all possible precaution has been taken to ensure that the information contained in Canadian Living is accurate, it is understood that the magazine cannot be held responsible for errors or omissions that may occur in relation to the use or presentation of this information. The articles in this magazine are the exclusive responsibility of their authors.

Our magazine contains articles, information and instructions related to various subjects, including, most notably, exercises, fitness, nutrition and health (the "Content"). Your use of the Content is at your sole discretion and risk. The Content is for educational purposes only and is in no way intended to diagnose, cure or treat any medical or other health condition. The Content does not constitute medical advice, is provided without express or implied warranties and is not intended to be and should not be used in place of the advice of your physician. By using the Content, you acknowledge and agree that physical or emotional harm may occur and you assume, to the fullest extent legally allowed, any and all risk and responsibility for any such results.

Canadian Living is published 10 times a year (except for occasional combined, expanded, special or premium issues) by TVA Publications Inc., 88 Queens Quay W, 2nd Floor, Toronto (Ontario) M5J 0B6; 416-733-7600; groupetva.ca. Legal deposit: Bibliothèque et Archives nationales du Québec and Library and Archives Canada. ISSN 0382-4624.

For any comments, please email cl.readers@tva.ca

© TVA Publications Inc. All rights reserved. 2025

TVA PUBLICATIONS

Funded by the Government of Canada | Canada

MEMBER OF Magazines Canada

PRINTING PAPER IS A RENEWABLE RESOURCE. THINK RECYCLING!

FSC www.fsc.org MIX Paper | Supporting responsible forestry FSC® C011825

Low Prices
AMAZING STYLES
~~$899~~
$699
WILLOW
sofa

STRUCTUBE

SHOP ONLINE AT STRUCTUBE.COM

With over 75 stores across the country, Structube is the shopping destination to discover a wide selection of modern and trendy furniture offered at exceptionally low prices.*

*Structube reserves the right to make any price changes without prior notice.

FREE DELIVERY

Enjoy free delivery with orders over $299.*
Visit structube.com for more details.

*Certain conditions may apply.

featuring more CANADIAN PRODUCTS

APRIL 2025

Contents

Fashion & Beauty

16 WHAT'S NEW
The latest trends from the world of beauty

18 SKIN CARE
How to get your best skin yet with masks, pads and patches

20 LIKE A PRO
Skin-care treatments you can do on your lunch break

24 ESSENTIALS
One windbreaker, three stylish outfits

26 EFFORTLESS CHIC
Wardrobe must-haves for spring

Life & Community

34 POSITIVE CHANGES
How small changes can lead to big results

36 POETRY
Stock your shelves with these brand-new Canadian collections

Health & Fitness

40 SUPERFOOD
The many health benefits of prunes

44 BODY TALK
What you need to know about bladder leakage, from the pros

26

BLUME
24 Pack
Blume Buds
Power Patches for Acne-Prone Skin
Beauties
Glow

18

Check out the products we're pampering our skin with this month.

48

APRIL 2025

Home & Garden

48 DECORATING
Ten outdated style myths we're kicking to the curb

52 RUGS 101
How to choose the perfect rug for your space

56 SHOPPING
Beautiful Canadian-made decor from coast to coast

Cook & Eat

62 QUICK & EASY
Delicious dishes on the table in 30 minutes

68 ENTERTAINING
Hosting Easter dinner is a breeze with this festive feast

74 SPRING BRUNCH
Fresh and tasty eats to celebrate the return of spring

80 PROTEIN PUNCH
Boost your protein intake with cottage cheese

90 SAVOURY MAPLE DISHES
Five recipes celebrating this iconic Canadian staple

98 LAST BITE
Indulge in these bite-size treats made with dates

TESTED TILL PERFECT
Canadian Living
TEST KITCHEN

IN EVERY ISSUE

03 FROM THE EDITORS
08 REAL LIFE MADE SIMPLE
12 COOK THE COVER
97 RECIPE INDEX

Canadian Living
get ready for spring!

PHOTOGRAPHY, TANGO
FOOD STYLING, NATALY SIMARD
PROP STYLING, CAROLINE SIMON

10 tricks, tips and ideas we love this month

1

RAINY DAYS

BE PREPARED FOR APRIL SHOWERS WITH A STYLISH YET FUNCTIONAL RAINCOAT THAT KEEPS YOU NICE AND DRY.

The Mernini **RAINCOAT** in Merlot Red, $325, mernini.com.🍁

Women's Torrentshell 3L **RAIN JACKET**, $225, patagonia.ca.

Aquanator **RAIN JACKET** in Ponderosa, $140, mec.ca.🍁

PRODUCER, CHRISTINA ZISKO

SHISEIDO
FUTURE SOLUTION
Extra Rich
Cleansing Foam
Mousse Nettoyante
Extra Riche

2

SKIN SOOTHER

In Japanese culture, the idea of transformation over time is highly valued. Shiseido used this philosophy as the basis of its newly reformulated Future Solution LX skin-care line, created to support radiance and beauty through the years. The luxe range harnesses the power of healing Japanese Enmei herb extract. We're especially enamoured of the purifying cleanser that doubles as a fun bubble mask for extra pampering.

SHISEIDO
Future Solution
LX Extra Rich
Cleansing Foam,
$90, shiseido.ca.

See page 90 for delectable eats starring maple syrup.

3

Maple moment

Is there anything more Canadian than maple syrup? We're the world's biggest producer of this sweet stuff, and as such, it's part of the fabric of Canadian culture. According to Statistics Canada, the True North had a record harvest—a whopping 19.9 million gallons—in 2024! Quebec takes the cake when it comes to maple syrup production, being responsible for 70 percent of the world's output—that's a whole lot of tree tapping!

4

TOUGH COOKIE

Cookware and kitchen appliance company T-fal has been cooking up a new launch—the Stone Shield collection. Made to last, the Dutch oven, skillet and saucepans are crafted with a resistant nonstick coating and enhanced with the brand's DefenseShield technology to provide up to 20 years of intensive use. Plus, you can simply pop the pots and pans into your dishwasher after dinner for easy-peasy cleaning sans elbow grease.

T-fal Stone Shield
10-Piece **COOKWARE SET**,
$300, canadiantire.ca.

Skrewball Peanut Butter **WHISKEY**, skrewballwhiskey.com.

5

LOVELY LIBATION

The delightfully unexpected flavour of Skrewball Peanut Butter Whiskey is sweet, salty, smooth—and perfect for sipping. Or shake things up and pair it with strawberries in a cocktail for a classic PB&J in a glass.

6

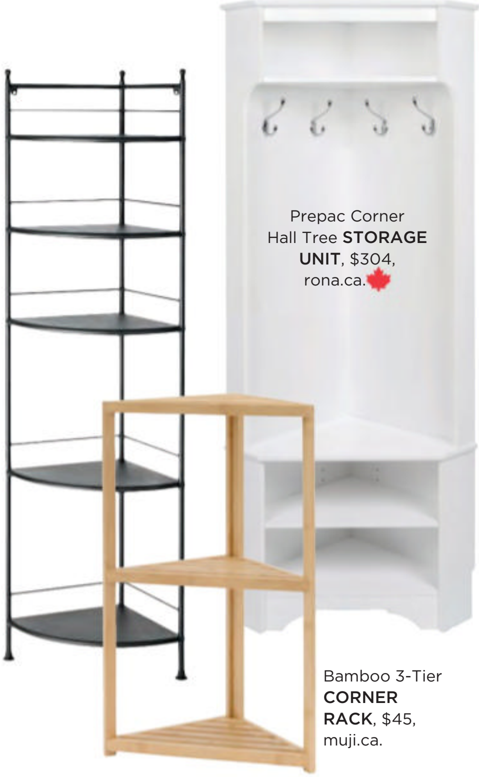
GIFT OF LIFE

To bring awareness to the critical need for more donors, National Organ and Tissue Donation Awareness Week takes place across Canada each year. Held on the last full week of April, the campaign encourages Canadians to register as donors to help the thousands of people waiting for life-saving transplants. Did you know that a single organ donor can save up to eight lives, while tissue donations can improve the lives of up to 75 people? For more information, visit **blood.ca** or **donateyourorgans.ca**.

7

CORNERED

Maximize storage space with shelving that tucks right into the corner of your room. Making use of underutilized nooks and crannies is a great way to showcase books, knick-knacks and photos without impeding foot traffic.



Frösjön **CORNER SHELF UNIT** in Black, $79, ikea.ca.

Prepac Corner Hall Tree **STORAGE UNIT**, $304, rona.ca.

Bamboo 3-Tier **CORNER RACK**, $45, muji.ca.

Krom Corner **STORAGE CABINET** with Metal Legs, $383, bestar.ca.

Khen Venus Ripple **COUPE GLASSES**, $65/ 6-piece set, amazon.ca.

8

MOCHA MOUSSE

Rich and sumptuous, Pantone's 2025 colour of the year is 17-1230 Mocha Mousse. This warm neutral hue looks gorgeous sprinkled throughout your home, from the kitchen to the living room to the bathroom.

Terry **BATH TOWEL** in Dusty Brown, $15, hm.com/ca.

Archie **LOUNGE CHAIR** in Shearling Taupe, $899, article.com.🍁

Hydrie **VASE** in Brown, $28, mustsociete.com.🍁

9

Save/Splurge BROW PEN

GET THE BROWS OF YOUR DREAMS, WHATEVER YOUR BUDGET.

MIGHTY FINE BROW PEN
benefit

Splurge

This triple-tip pen creates ultra-fine hairlike strokes that mimic the look of natural brows.

BENEFIT COSMETICS Mighty Fine Brow Pen, $38, sephora.ca.

NYX PROFESSIONAL MAKEUP
LIFT & Snatch!

Save

This pen's flexible tip and buildable formula allows you to totally customize your look.

NYX Lift & Snatch! Brow Tint Pen, $11.50, amazon.ca.

10 EARTH DAY

For more than 50 years, millions of people across the globe have recognized Earth Day on April 22nd. This year's theme, Our Power, Our Planet, focuses on the importance of clean and renewable energy. From solar and wind to hydro-electric, geothermal and tidal, our planet has so many renewable resources to harness. By targeting renewable energy, we can move away from fossil fuels and combat climate change, improve health, support biodiversity and more. To learn more and join the movement, visit earthday.org.

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

RECIPE MARIE-ÈVE LAFORTE
PHOTOGRAPHY TANGO | **FOOD STYLING**
NATALY SIMARD | **PROP STYLING**
CAROLINE SIMON

MUGS, HOMESENSE

BAKE THE COVER

ON A ROLL

Give beloved cinnamon rolls a Canadian twist with our favourite national ingredient—maple syrup—for an epic flavour combination you won't be able to resist.

MAPLE CARAMEL ROLLS

MAKES 12 ROLLS
HANDS-ON TIME 40 MINUTES
TOTAL TIME 3 3/4 HOURS

Brioche Rolls

1 cup	2% milk
1/2 cup	packed brown sugar, divided
8 g	quick-rising (instant) dry yeast
4 cups	all-purpose flour (approx)
1 tsp	salt
6 tbsp	unsalted butter, melted, then slightly warmed
3	eggs
1 tsp	vanilla

Filling

1/3 cup	packed brown sugar
1/3 cup	maple sugar
pinch	cinnamon
pinch	nutmeg
pinch	cardamom
1/2 cup	unsalted butter, softened

Maple Caramel Sauce

1/2 cup	unsalted butter
1 cup	maple syrup (approx)
1 cup	35% whipping cream
1/4 tsp	salt
2 tsp	vanilla
maple flakes (optional)	

Brioche Rolls In large microwaveable bowl, microwave milk on medium heat until lukewarm. Add large pinch of the brown sugar, and the yeast. Stir and let stand until foamy, 5 to 10 minutes. Meanwhile, in separate bowl, combine flour, remaining brown sugar and the salt; set aside.

In large bowl, using electric mixer on medium speed, beat butter with eggs and vanilla for 1 minute. Add yeast mixture; beat for 1 minute. Reduce speed to low. Beat in flour mixture in three additions, until ragged dough forms.

Transfer dough to floured work surface. Knead dough for 2 to 3 minutes until smooth and elastic (add a little flour if the dough is too sticky). Place dough in large greased bowl, cover bowl with plastic wrap and let dough rise in warm draft-free place until doubled in size, about 2 hours.

Filling Preheat oven to 350°F. Line two baking sheets with parchment paper; set aside. In bowl, whisk together brown sugar, maple sugar, cinnamon, nutmeg and cardamom; set aside.

On floured work surface, roll out dough to scant 1/2-inch thick 14- x 18-inch rectangle (cut off excess dough). Spread butter over dough; sprinkle with reserved brown sugar mixture. Gently roll up dough lengthwise to form long log. Freeze for 10 minutes. Cut log into 12 equal slices.

Place slices at least 2 inches apart on prepared baking sheets. Cover with plastic wrap and let rise for 15 minutes. Bake on middle and upper racks of oven, switching and rotating sheets halfway through baking time, until rolls are golden, 20 to 25 minutes. *(Make-ahead: Can be cooled and stored in airtight container and frozen for up to 3 months.)*

Maple Caramel Sauce Meanwhile, in saucepan over medium heat, whisk together butter, maple syrup, cream and salt. Bring to boil; reduce heat and cook, whisking constantly, until caramel is slightly dark and liquid has reduced by about half, 12 to 15 minutes. Remove from heat; stir in vanilla.

Brush Brioche Rolls lightly with maple syrup and spoon Maple Caramel Sauce over top. Sprinkle with maple flakes, if desired. *(Make-ahead: Can be stored in airtight container at room temperature for up to 2 days or refrigerated for up to 5 days.)*

PER ROLL about 575 cal, 8 g pro, 30 g total fat (19 g sat. fat), 68 g carb (1 g dietary fibre, 34 g sugar), 125 mg chol, 450 mg sodium, 2.4 mg iron.

2025 EXPERTS' CHOICE

Beauty Awards Clin d'œil

REGISTRATION IS NOW OPEN!

HAVE A BUSINESS AND WANT TO PARTICIPATE?

A jury made up of experts in the field of beauty will test and evaluate the registered products.

ELIGIBLE CATEGORIES

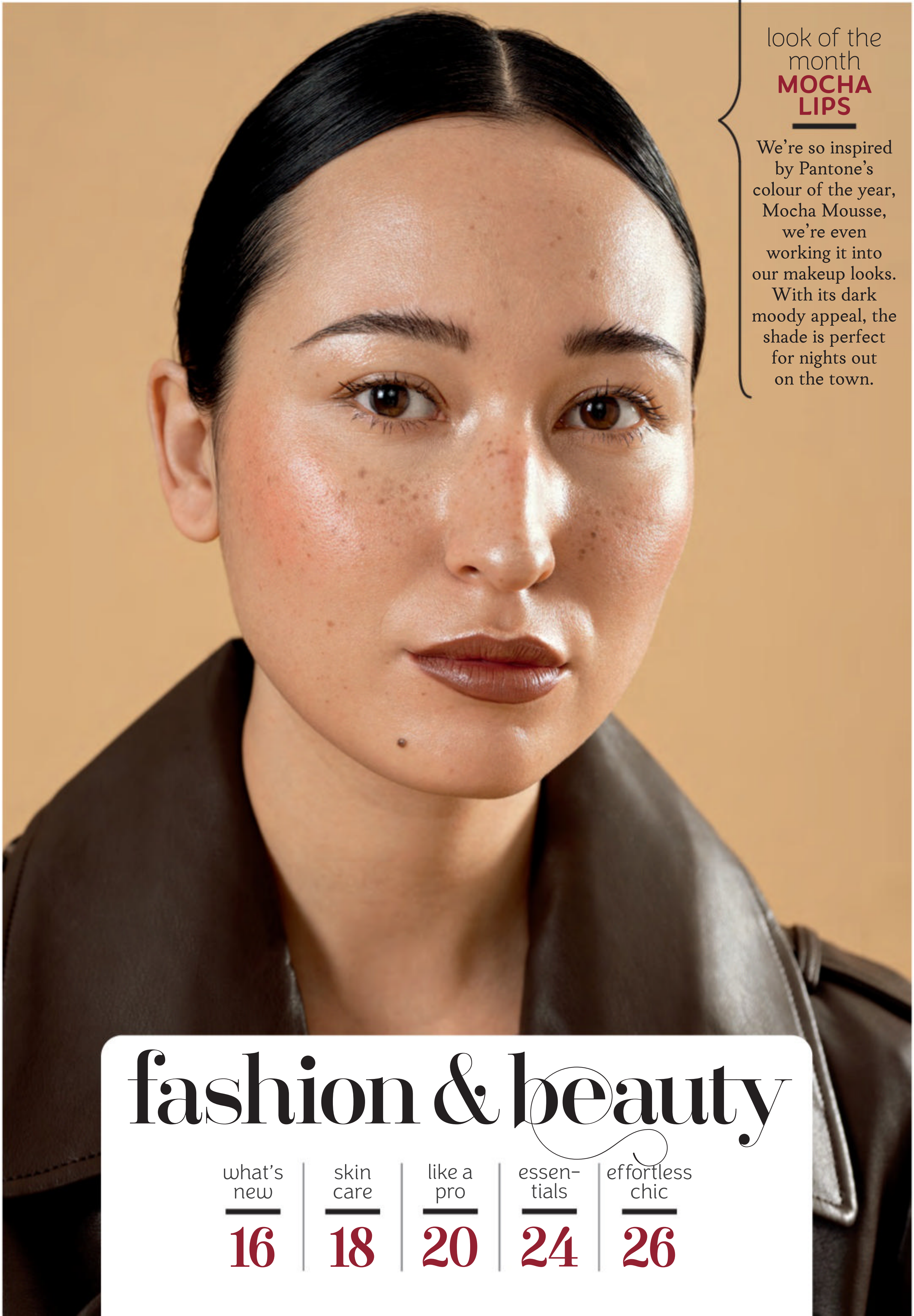
Makeup • Skin care • Body care
Hair care • Sun care

NEW CATEGORY

Professional care experience

Register now!
PRIXBEAUTECLINDOEIL.COM

Details and rules are on the website



look of the month
MOCHA LIPS

We're so inspired by Pantone's colour of the year, Mocha Mousse, we're even working it into our makeup looks. With its dark moody appeal, the shade is perfect for nights out on the town.

fashion & beauty

what's new 16
skin care 18
like a pro 20
essen-tials 24
effortless chic 26

PHOTOGRAPHY, ANDRÉANNE GAUTHIER/C. PHOTOGRAPHY ASSISTANT, VANESSA BROSSARD. MODEL, KIANA (SPECS). MAKEUP, ANAÏS CÔTÉ

now trending

The hottest products and the latest news from the world of beauty.

SCENTS OF ADVENTURE

LESS CONCENTRATED THAN PERFUMES, BODY MISTS DELIVER A SUBTLER SCENT DUE TO HIGHER WATER AND ALCOHOL CONTENT. PERFECT FOR WHEN YOU WANT TO ENVELOP YOURSELF IN A LIGHT, AIRY FRAGRANCE, THESE MISTS MAY NOT LAST AS LONG ON THE SKIN AS A TRADITIONAL EAU DE PARFUM, BUT THEY ALSO TEND TO BE MORE BUDGET-FRIENDLY. HERE ARE THE MISTS WE CAN'T STOP SPRITZING.

1. **SOL DE JANEIRO** Mini Cheirosa 59 Perfume Mist, $34/90 ml, sephora.ca. 2. **PHLUR** Vanilla Skin Body & Hair Fragrance Mist, $52/236 ml, sephora.ca. 3. **YVES ROCHER** Monoï Body Mist, $23/125 ml, yvesrocher.ca. 4. **ROUTINE NATURAL BEAUTY** The Curator Body, Hair & Atmosphere Mist, $52/200 ml, routinecream.ca.🍁 5. **LIVING LIBATIONS** Angel Anthem Mystical Body Mist, $48/30 ml, ca.livinglibations.com.🍁 6. **LUSH** Sex Bomb Body Spray, $42/200 ml, lush.ca.

1

SOL DE JANEIRO
59

2

PHLUR
VANILLA SKIN

3

Monoï
BRUME PARFUMÉE CORPS
PERFUMED MIST BODY
YVES ROCHER

5

Angel Anthem

6

SEX BOMB
BODY SPRAY
VAPORISATEUR CORPOREL
LUSH

4

routine.
NATURAL MIST
the curator

TEXT, CHRISTINA ZISKO, WITH FILES FROM KELLY-ANN NEELEY

SCRUB-A-DUB-DUB

BEAUTIFULLY SCENTED OILS, SALTS AND BATH BOMBS ELEVATE YOUR BATHTIME RITUAL TO A SPA-LIKE SOAK. POP ONE OF THESE SENSORIAL BATH PRODUCTS INTO YOUR TUB, THEN SINK IN, LIE BACK AND RELAX.

Infused with monoï oil (made with the tiare flower native to French Polynesia), this magnesium salt helps soothe tired and sore muscles while pampering skin.

ORA Monoï Magnesium Immersion, $47, theoraway.com.🍁

JO MALONE
LONDON
POMEGRANATE NOIR
BATH OIL
HUILE DE BAIN

Pour a little bit of this luxe bath oil into warm running water to fill your bathroom with fragrance while nourishing your skin with jojoba and sweet almond oils.

JO MALONE Pomegranate Noir Bath Oil, $102, jomalone.ca.

SOJA & CO.
gel de douche
shower gel
CAMPHRE + CACHEMIRE
CAMPHOR + CASHMERE

Hand-poured in Quebec, this bubble bath boasts scents of raspberry, coconut water, camphor, wood and cashmere for the ultimate comforting soak session.

SOJA & CO. Camphor + Cashmere Bubble Bath, $30, sojaco.ca.🍁

Dr. Hauschka
Bain Caprices des Saisons
Spruce Warming Bath Essence

When you're in need of a warm hug, pour one to three capfuls of this essence into your bath to enjoy the warming and relaxing perks of this aromatic oil.

DR. HAUSCHKA Spruce Warming Bath Essence, $35, drhauschka.ca.

B
BATHORIUM
POMELO GROVE
bath bomb / bombe de bain
1
WHITE GRAPEFRUIT + ROSEMARY
PAMPLEMOUSSE BLANC + ROMARIN

MAISON LAVANDE
POUDRE LACTÉE

Treat sensitive skin to a deeply moisturizing milk bath formulated with lavender essential oil and baking soda made to relax your body and mind before bedtime.

MAISON LAVANDE Amber, Vanilla and Lavender Milk Bath Powder, $23, maisonlavande.ca.🍁

Transport yourself to Sicily from the comfort of your own tub. Scented like a refreshing scoop of orange gelato with a touch of rosemary, this highly concentrated bomb is sure to soften and hydrate your skin.

BATHORIUM Pomelo Grove Bath Bomb, $12, bathorium.com.🍁

Stick to it

So much more than a fad, facial sheet masks, pads and patches are fun and easy ways to pamper your visage and treat problem areas. Here's why we love them.

HOW THEY WORK

From sheet masks that treat the whole face to targeted varieties formulated for the eye contour, expression lines or lips, the magic of these skin-care solutions lies in the occlusive barrier they form. The mask is drenched in active ingredients, often the same ones found in serums, toners and moisturizers, such as hyaluronic acid, vitamin C or alpha hydroxy acid. The film acts as a bodyguard, planting itself between the air and the product to keep ingredients from evaporating. By sitting back and relaxing for a while (often between 10 and 30 minutes, these active ingredients have uninterrupted contact with the targeted area, allowing for better absorption and locked-in goodness for happy skin that enjoys a boost of hydration and plumpness.

WHAT ARE THEY MADE OF?

When choosing a face mask, the first consideration is usually its benefits. There are formulas to tackle all sorts of skin concerns, including dryness, dullness, fine lines and wrinkles, acne and redness. Another factor to consider is the mask's substance. With a wide range of materials available, such as ultra-thin biodegradable biocellulose, breathable cotton and hydrating hydrogel, among others, disposable sheet masks are the most common type seen on store shelves. But we can't tout the pampering benefits of masking without acknowledging the waste that comes from single-use disposable products. Even masks that are biodegradable may come in plastic packaging that gets put directly into the trash.

TEXT, CHRISTINA ZISKO, WITH FILES FROM KELLY-ANN NEELEY. PHOTOGRAPHY, ADOBE STOCK/E,

Because of this, many are turning to reusable masks made of silicone, which require a bit more effort but cut down on waste. When paired with your favourite serum, cream or clay mask, these masks offer a more eco-friendly alternative that still allows skin-care ingredients to penetrate deeply. Just apply your product of choice to a clean face and top it with the silicone mask. After your treatment, wash the mask with soap and water and let it dry before the next use. And just like with traditional cotton or tencel masks, you can pop it into the fridge before use for an extra refreshing self-care experience.

PIMPLE PATCH 101

When a pesky pimple rears its ugly head, a different type of skin covering can come to the rescue—pimple patches. These little stickers are placed over zits to speed healing.

These small but mighty patches are usually found in one of three varieties: non-medicated, medicated and microneedling. The type that's right for you depends on the type of blemish you're tackling.

NON-MEDICATED The secret of these patches is hydrocolloid, which absorbs oil and fluid and creates a protective barrier over the blemish to keep dirt, bacteria, makeup, UV rays and fingers at bay. These types of patches are ideal for surface-level blemishes that have already come to a head, like whiteheads.

MEDICATED Medicated pimple patches are made with ingredients like salicylic acid or tea tree oil to tackle the bacteria and inflammation of acne, making them a good choice for red, inflamed spots without visible fluid.

MICRONEEDLING These patches contain tiny dissolving "needles" that allow active ingredients to penetrate deeper into the skin. Microneedling spot patches help target severe or cystic acne, and some varieties are used to tackle dark spots.

BEST PRACTICES

BEFORE PLACING ANY SHEETS, PATCHES OR PADS ON YOUR DELICATE SKIN, REMEMBER THESE STEPS.

1. Spot-test the product on a small, inconspicuous area of skin to check for reactions.
2. Apply the product to a clean, dry face (after cleansing and before moisturizing).
3. Apply and remove the product with clean hands.
4. Never reuse disposable patches or masks, to avoid transferring any bacteria onto your skin.
5. Always clean reusable masks and pads right after each use.

OUR PRODUCT PICKS

KJ
KARINE JONCAS
PATCH CORRECTION DERMO-LIFT YEUX
DERMO-LIFT CORRECTIVE EYE PATCH
1 paire de patchs • 1 pair of patches

KARINE JONCAS Dermo-Lift Corrective Eye Patches, $4, karinejoncas.ca.

PROVINCE APOTHECARY Reusable Silicone Sheet Mask Set for Face + Eyes, $38, provinceapothecary.com.

BLUME
Blume Buds
Power Patches for Acne-Prone Skin

BLUME Blume Buds Power Patches for Acne-Prone Skin, $18, well.ca.

ELLA BACHÉ
PARIS . 1936
ROSE COLLECTION

ELLA BACHÉ Hydra-Soothing Bio-Cellulose Mask, $23, ellabache.ca.

Beauties
Glow

BEAUTIES LAB Reusable Eye Patches, $20, beautieslab.co.

Masque tissu « liftant » défatigant
ExCellience "Lifting" Anti-Fatigue Tissue Mask
Laboratoire Dr Renaud

LABORATOIRE DR RENAUD ExCellience Lifting Anti-Fatigue Tissue Mask, $20, ldrenaud.com.

REJUVENATION MADE EASY

If you're looking for a skin-care boost without going under the knife, you're in luck. These four treatments can improve the radiance, smoothness and firmness of skin during your lunch break, no downtime needed.

TEXT ISABELLE VALLÉE

Endermologie

Endermologie was created in the 1980s by French engineer Louis-Paul Guitay as a treatment for softening scars through massage and suction. The technology is still used today to help with muscle stiffness and soreness, swelling, pain relief and scar tissue formation from surgery and accidents. Over time, Endermologie began to be used for more cosmetic purposes, such as reducing cellulite and firming skin.

RESULTS In addition to its many uses in the health-care world, this noninvasive treatment is also used as a cosmetic procedure that helps stimulate the production of collagen, elastin and natural hyaluronic acid for skin that's firmer and plumper. On the body, Endermologie can target heavy or swollen legs and feet that result from poor lymphatic or blood circulation. The treatment can also treat the loss of firmness caused by pregnancy, weight fluctuations and age. The device can be used to break up subcutaneous fat, reducing cellulite and leading to a contouring effect. For the face, Endermologie can be used to help even out the complexion, boost radiance, firm skin and reduce wrinkles, as well as target fat cells under the chin.

PAIN LEVEL None. This process mimics the effects of a massage, such as reducing stress, boosting relaxation and improving the quality of sleep, and much like after a deep tissue massage you may experience some mild soreness or redness on the treatment area afterward.

RECOMMENDED NUMBER OF SESSIONS Depending on the area being treated and desired outcome, anywhere from six to 20 sessions can be recommended. Often, the sessions are scheduled once or twice a week before moving to monthly maintenance treatments.

COST About $160 per session.

PHOTOGRAPHY, ISTOCKPHOTO/C (FACIAL ACUPUNCTURE)

Sofwave

This treatment uses Synchronous Ultrasound Parallel Beam (SUPERB) technology to penetrate 1.5 millimetres below the surface of the skin to produce heat and boost collagen and elastin levels. Sofwave also has integrated cooling technology called Sofcool that prevents damage to the upper layer of skin while the mid-dermis is being treated. Safe for all skin types and tones, sessions can be booked at any time of the year without worry about extra skin sensitivity.

RESULTS When used on the face and neck, Sofwave tackles fine lines and wrinkles and helps tighten the look of the skin, resulting in lifted brows, a more sculpted jawline and smoothed lines around the mouth. Acne scarring can also be treated, creating a more even-toned, uniform complexion. While Sofwave is most well-known for its benefits from the neck up, it can also be used to tone and firm the arms, thighs, buttocks and abdomen. The best results are typically seen about six months after treatment.

RECOMMENDED NUMBER OF SESSIONS One or two sessions are recommended, with the second taking place three months after the first. To maintain your results, annual treatments are suggested.

PAIN LEVEL The experience varies based on the areas being focused on. Six to seven second pulses are delivered to the skin, causing a warm sensation that reaches a peak in the last second or two. Treating areas closer to the bone, like the jawline or brow bone, can cause slight discomfort. A numbing cream can help make the treatment more comfortable, and for full face and neck treatments, a laughing gas may be offered.

COST Between $1,000 and $4,500, depending on the areas treated.

Facial acupuncture

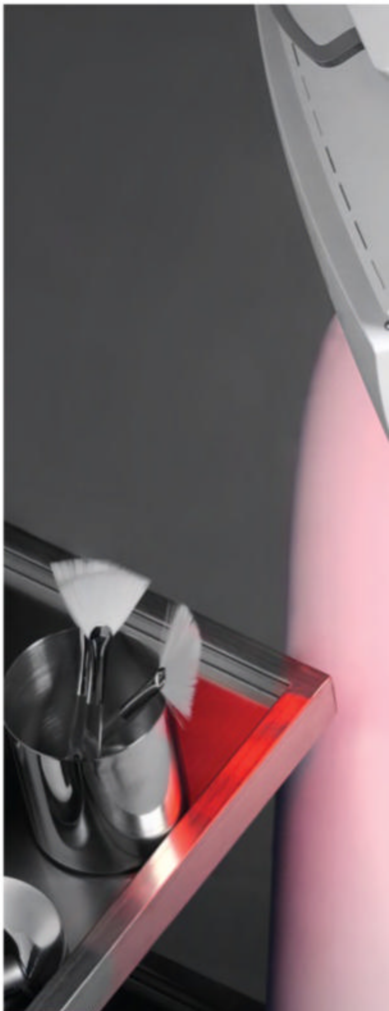
Also known as cosmetic acupuncture, this treatment is used to rejuvenate the skin with very fine needles that are inserted into the dermis to signal a healing response. Blood and lymphatic circulation is boosted, along with collagen and elastin production. A facial acupuncture appointment typically begins with a consultation to map out treatment areas and can include additional procedures like microcurrent, facial cupping and gua sha. Acupuncture has been used in traditional Chinese medicine for thousands of years.

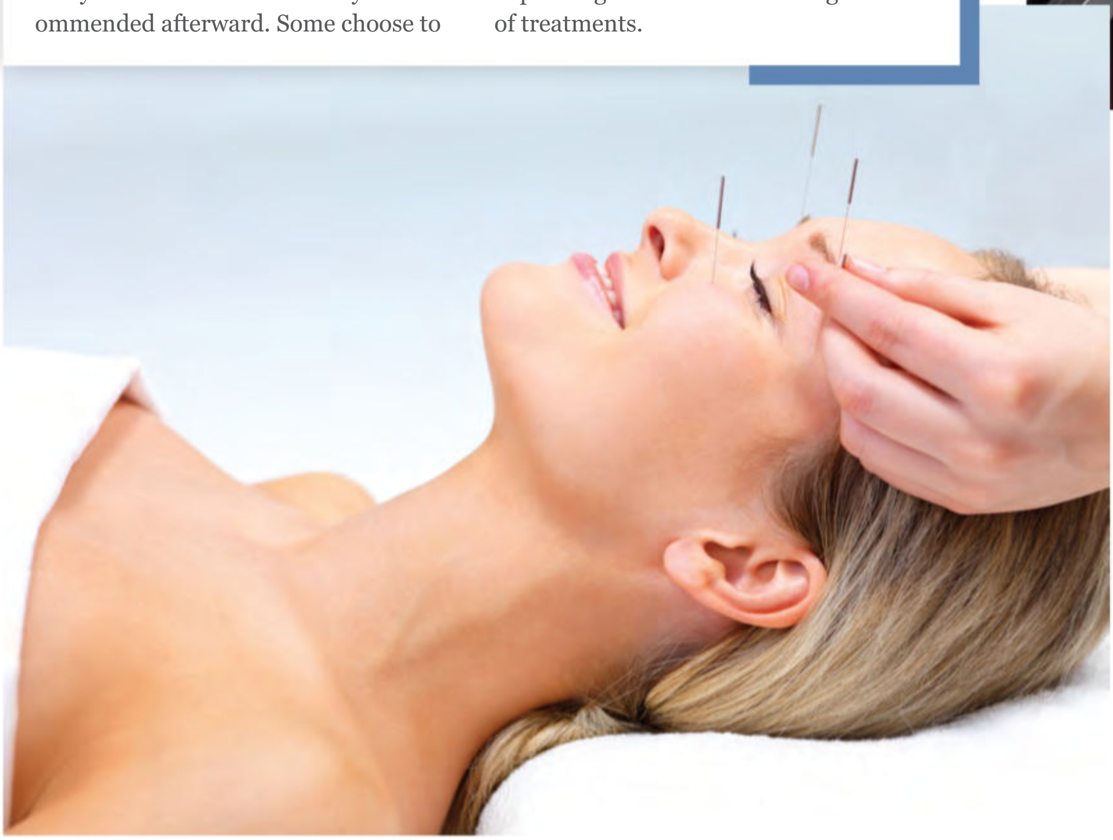
RESULTS Facial acupuncture can improve elasticity and tone, lessen the appearance of fine lines and wrinkles and reduce puffiness. Commonly targeted areas are lines on the forehead, between the brows, crow's feet and nasolabial folds. Boosted circulation can help revive tired, dull skin, giving it a brighter and more luminous appearance, while improved cell turnover can help address uneven skin tone, sun damage and acne scarring.

RECOMMENDED NUMBER OF SESSIONS A complete course of treatment consists of 10 to 12 weekly sessions, plus maintenance treatments every two or three months may be recommended afterward. Some choose to have this treatment as needed for a gentle boost before a big event or as a periodic pick-me-up.

PAIN LEVEL While it may look intimidating, facial acupuncture is often described as relaxing and painless due to the super fine needles, which are about the width of a human hair. While some may feel a slight pinch at more sensitive areas, the treatment is generally painless. In rare cases, bruising may occur, but generally the most you'll experience is some redness immediately after your session.

COST $80 to $175 per session, depending on the clinic and length of treatments.





dermalogica

LuminFusion

Created by professional-grade skin-care brand Dermalogica, this noninvasive resurfacing treatment can be tailored to your needs. It often begins with a deep cleanse and exfoliation, followed by skin resurfacing and active ingredient infusion with a Pro Pen (a hand-held microneedling and NanoInfusion device), a retinol peel and LED red light treatment to help support the repair process of your skin.

RESULTS LuminFusion treatments help to restore radiance and luminosity, with results visible after only one session. It's also recommended for uneven skin tone and texture and general signs of aging, making it perfect for those experiencing hyperpigmentation, acne scarring or fine lines and wrinkles. Expect softer, smoother skin that truly glows.

RECOMMENDED NUMBER OF SESSIONS It's recommended that you book three treatments, spaced two weeks apart, to achieve the best results.

PAIN LEVEL None, but you may have some slight redness after the treatment. Avoiding active skin-care ingredients like alpha or beta hydroxy acids and being extra diligent about SPF application and excess sun exposure for at least three to five days after your treatment will ensure healthy, happy skin.

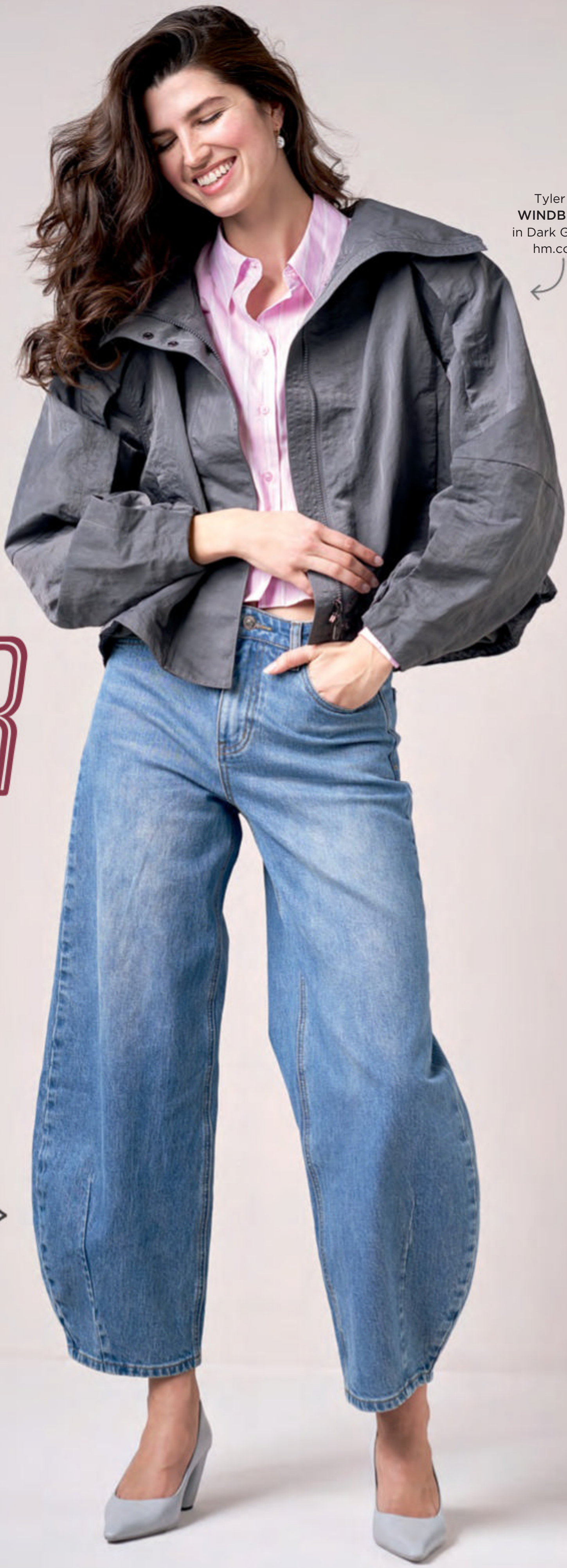
COST $250 per session.

ONE WINDBREAKER

3 LOOKS

Both functional and stylish, a windbreaker is the ultimate transitional layering piece for the spring season and beyond.

TEXT CHRISTINA ZISKO



Tyler Nylon **WINDBREAKER** in Dark Grey, $179, hm.com/ca.

Work

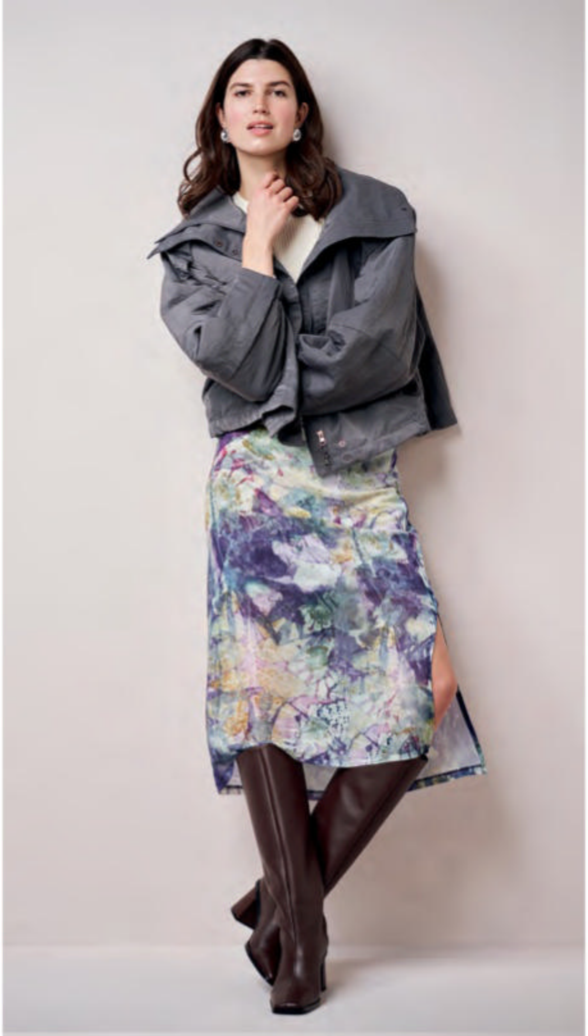
Casual Friday just got a lot more chic! Pair a button-down shirt with barrel-style jeans (the denim trend du jour) and block the wind with a lightweight jacket. Too keep the look from being too laid-back, slip on a pair of pumps before heading out the door.

Poplin Long Sleeve Crop Button Down **SHIRT** in Candy Stripe Multi, $80, rw-co.com.🍁 Horseshoe Relaxed **JEANS** in Blue Stem, $118, yogajeans.ca.🍁 Sky Chunky Pearl Gold-Plated Pendant **EARRINGS**, $54, pilgrim.ca.🍁 Leather **PUMPS** in Light Grey, $199, hm.com/ca.

PRODUCER, ISABELLE VALLÉE. PHOTOGRAPHY, JULIEN FAUGÈRE/C. STYLING, CAMILLE INTERNOSCIA. MODEL, BRITTANY (NEXT). MAKEUP, NATHALIE DODON

The retro revival trend has the iconic ’80s-style windbreaker making a return to our closets. Blocking out the elements while looking undeniably fashion-forward, windbreakers are a key piece of athleisure being seen on runways around the world. Here’s how to style yours for any occasion.

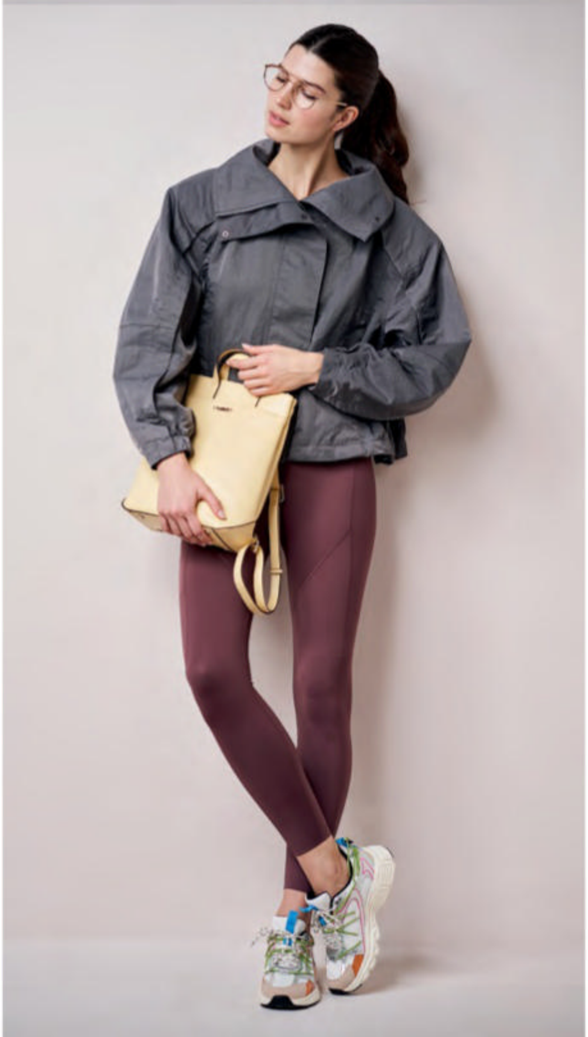
WOW



Elevate the casual windbreaker with a fashion-forward fit made to turn heads. With its abstract design and colour combination, this fun skirt is like wearable art, while tall leather boots keep your gams protected on especially windy days.

Round Neck **SWEATER**, $110, tristanstyle.com.🍁 Printed Mesh **SKIRT** in Purple, $55, livom.ca.🍁 La Pierre Sterling Silver-Plated **EARRINGS**, $86, draecollection.com.🍁 Lorca Knee-High Leather **BOOTS** in Brown, $340, maguire.ca.🍁

weekend



Pair your windbreaker with leggings and sneakers for a sporty ensemble that can keep up with even the busiest weekends. Don’t forget a small backpack in an unexpected hue to tote all your essentials and complete the look.

LeakStrong Leakproof **LEGGINGS** in Dahlia, $90, knix.ca.🍁 Kingsway **GLASSES** in Gold, from $129, visionavenue.ca.🍁 Millie **BAG** in Honey, $140, designlambert.com.🍁 Clubfly **SNEAKERS** in Multi Combo Synthetic Smooth, $98, aldoshoes.com.🍁

GET THE LOOK

Feeling inspired? There are plenty of stylish windbreakers on the market.

Sophie Short Hooded Rain Trench **WINDBREAKER** in Vanilla, $495, rudsak.com.🍁

Hyba Water-Repellent Packable **WINDBREAKER** in White Sand, $80, reitmans.com.🍁

Trailhead 2-Layer Insulated Rain Jacket **WINDBREAKER** in Light Quartz, $250, kathmanduoutdoor.ca.

Spring in your step

Seaside shades of blue, cream and white are taking spring by storm with their easy breezy aesthetic and coastal vibe. Get inspired with these stylish looks.

TEXT CHRISTINA ZISKO

PRODUCER, ISABELLE VALLÉE. PHOTOGRAPHY, ANDRÉANNE GAUTHIER/C. PHOTOGRAPHY ASSISTANT, VANESSA BROSSARD. STYLING, CAMILLE INTERNOSCIA. MODEL, NAYA (EDITING). MAKEUP, MARTINE L'HEUREUX

RAISE THE VOLUME

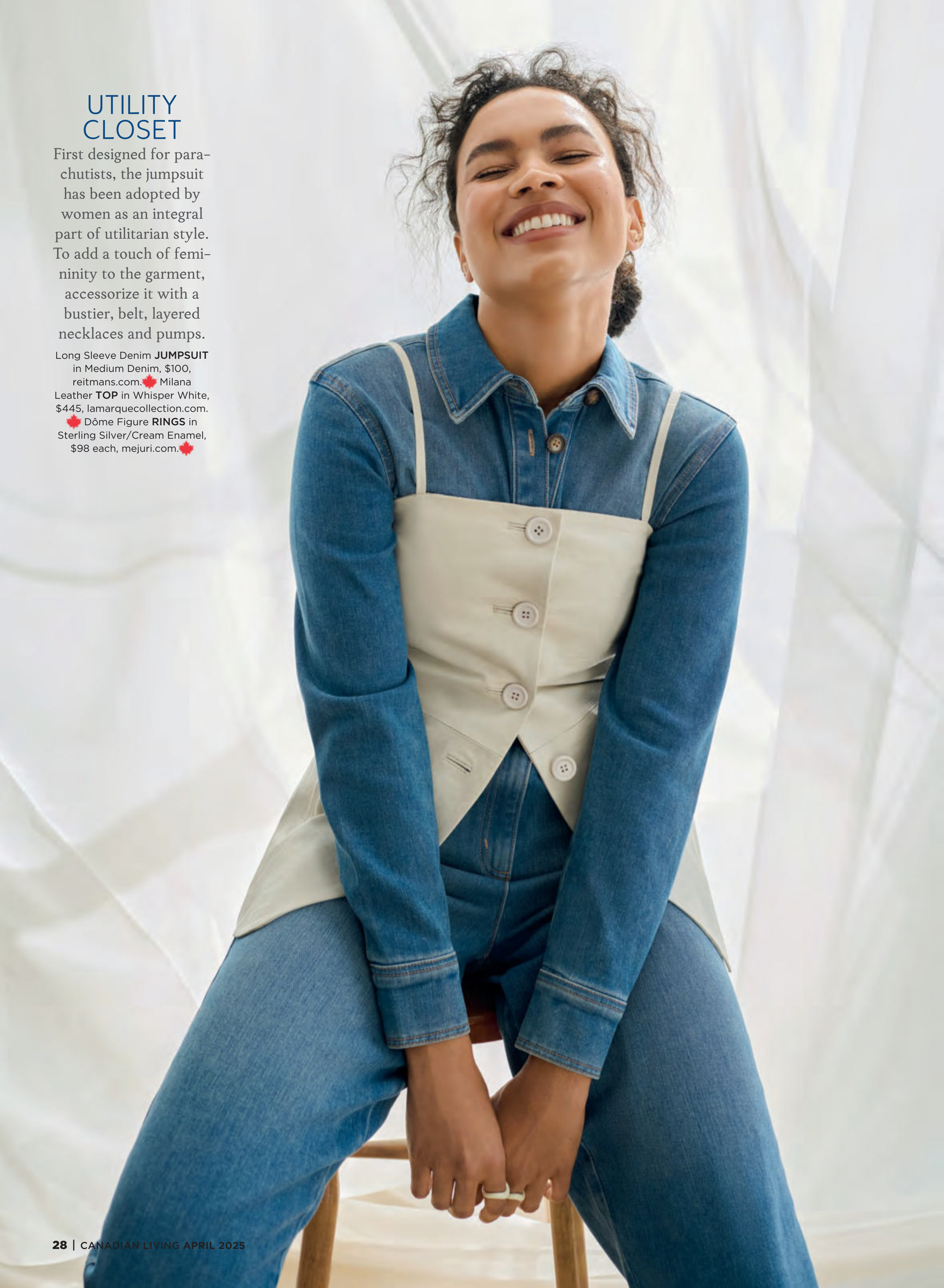
Balloon tops and flowy skirts add volume to your outfit to accentuate softness and highlight curves. Not only is this trend whimsical and fun, it's also oh-so comfy and wearable.

Sleeveless Crop Bubble **TOP** in Set Sail, $66, Poplin High Rise A-Line **SKIRT** in Set Sail, $90, rw-co.com.🍁 Rory Recycled Silver-Plated Half-Hoop **EARRINGS**, $59, pilgrim.ca.🍁

FEMME FIT

◀ As the weather warms up, expect to see romantic bohemian designs popping up, like feminine frills and embroidered denim. If large ruffles aren't your thing, achieve a similar boho aesthetic with a long-sleeve lace top.

Short Long-Sleeve **DRESS**, $90, hm.com/ca. Taylor High Rise Wide Leg **JEANS** in Blue Diamond, $468, veronicabeard.ca.



UTILITY CLOSET

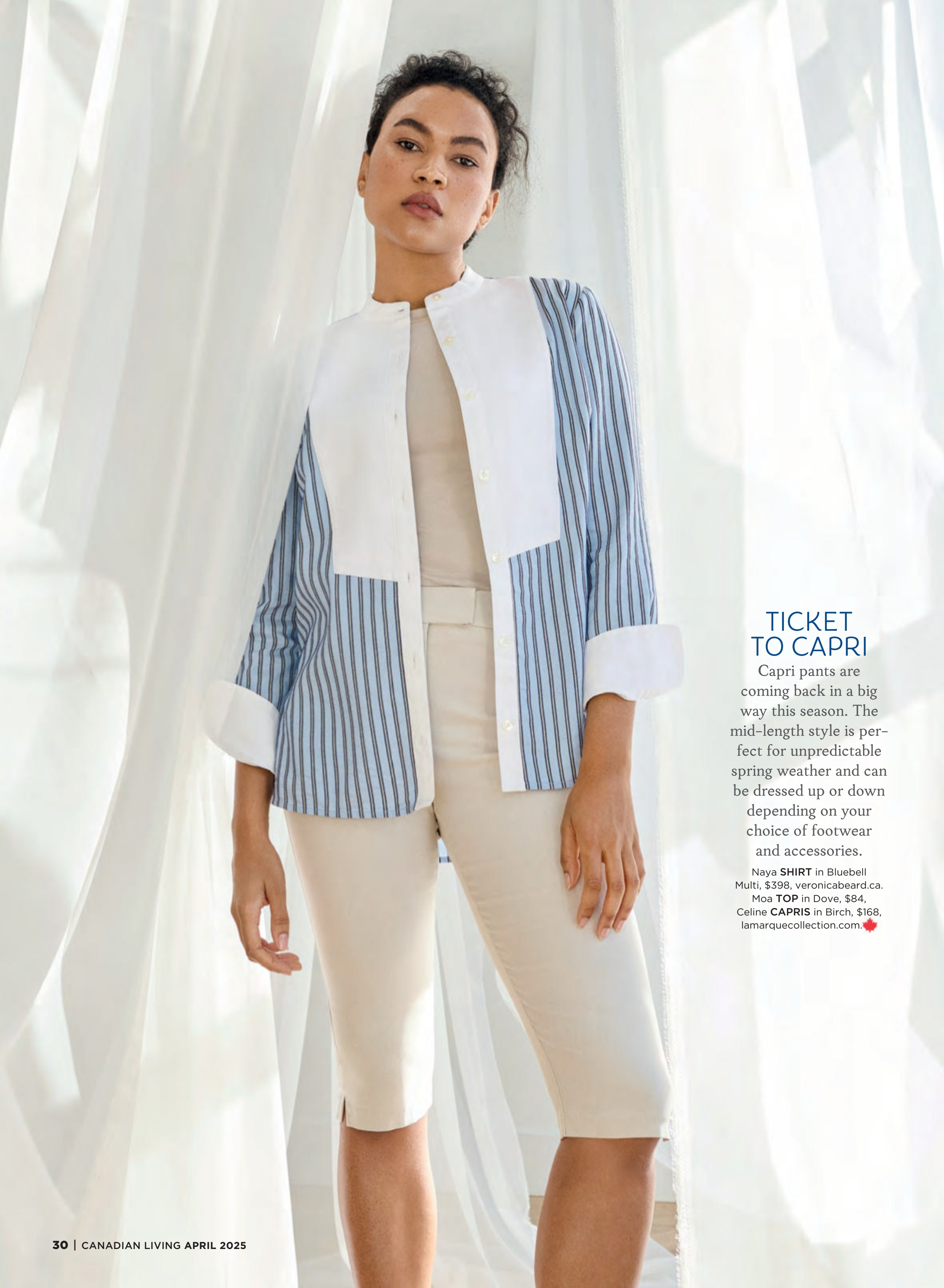
First designed for parachutists, the jumpsuit has been adopted by women as an integral part of utilitarian style. To add a touch of femininity to the garment, accessorize it with a bustier, belt, layered necklaces and pumps.

Long Sleeve Denim **JUMPSUIT** in Medium Denim, $100, reitmans.com.🍁 Milana Leather **TOP** in Whisper White, $445, lamarquecollection.com. 🍁 Dôme Figure **RINGS** in Sterling Silver/Cream Enamel, $98 each, mejuri.com.🍁

SUNNY SIDE

Bold sunnies are a functional accessory that also adds a fashionable accent to your look. Thicker frames are especially glam, adding structure to the face and drawing attention to the eyes and cheekbones.

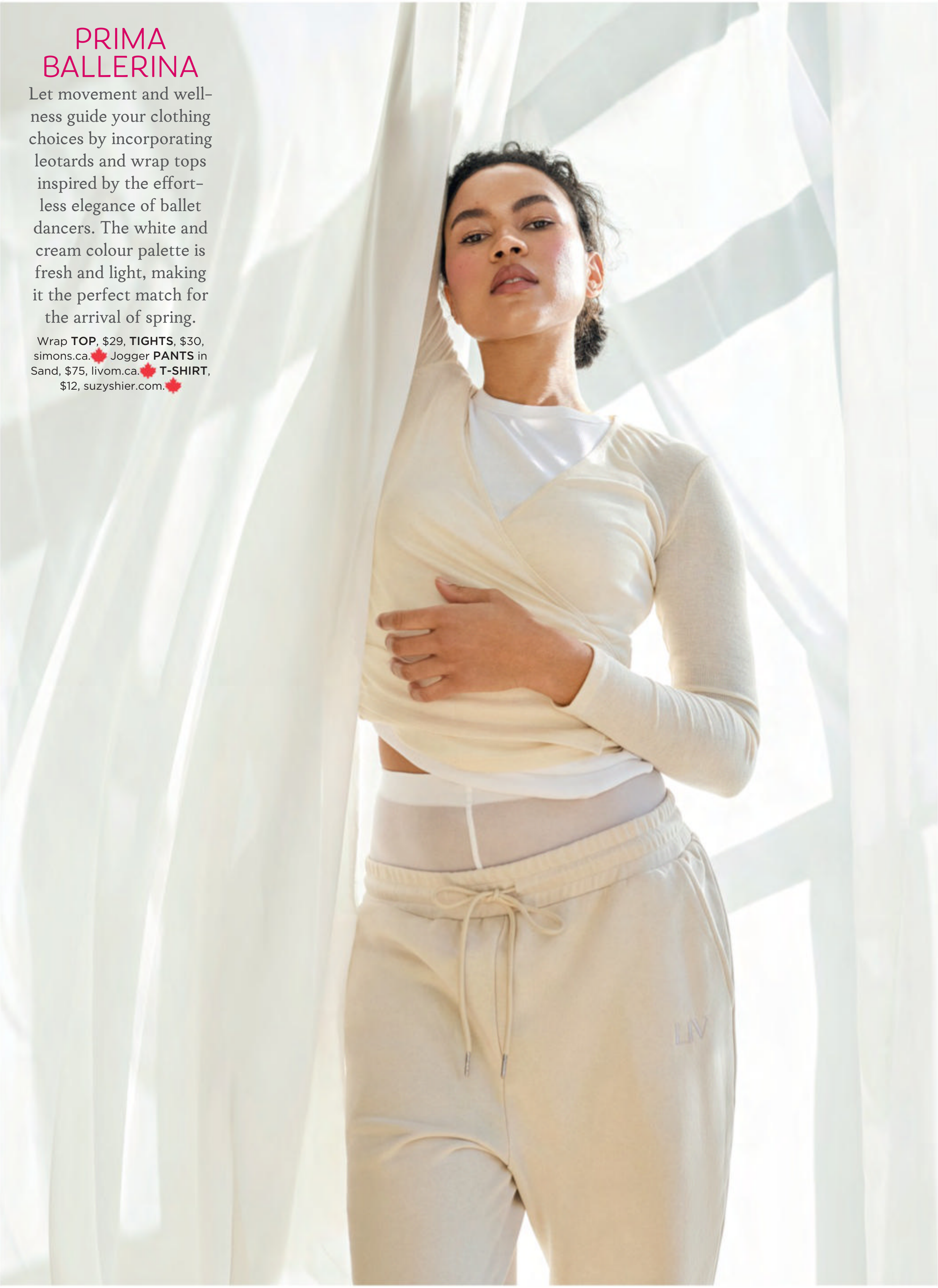
Didion **BODYSUIT** in Light Blue/White, $109, hm.com/ca. Etnia Barcelona Kate **SUNGLASSES**, from $350, optoplus.com.🍁 Stevie Hoop **EARRINGS** in Gold Vermeil/Cream Enamel, $298, mejuri.com.🍁



TICKET TO CAPRI

Capri pants are coming back in a big way this season. The mid-length style is perfect for unpredictable spring weather and can be dressed up or down depending on your choice of footwear and accessories.

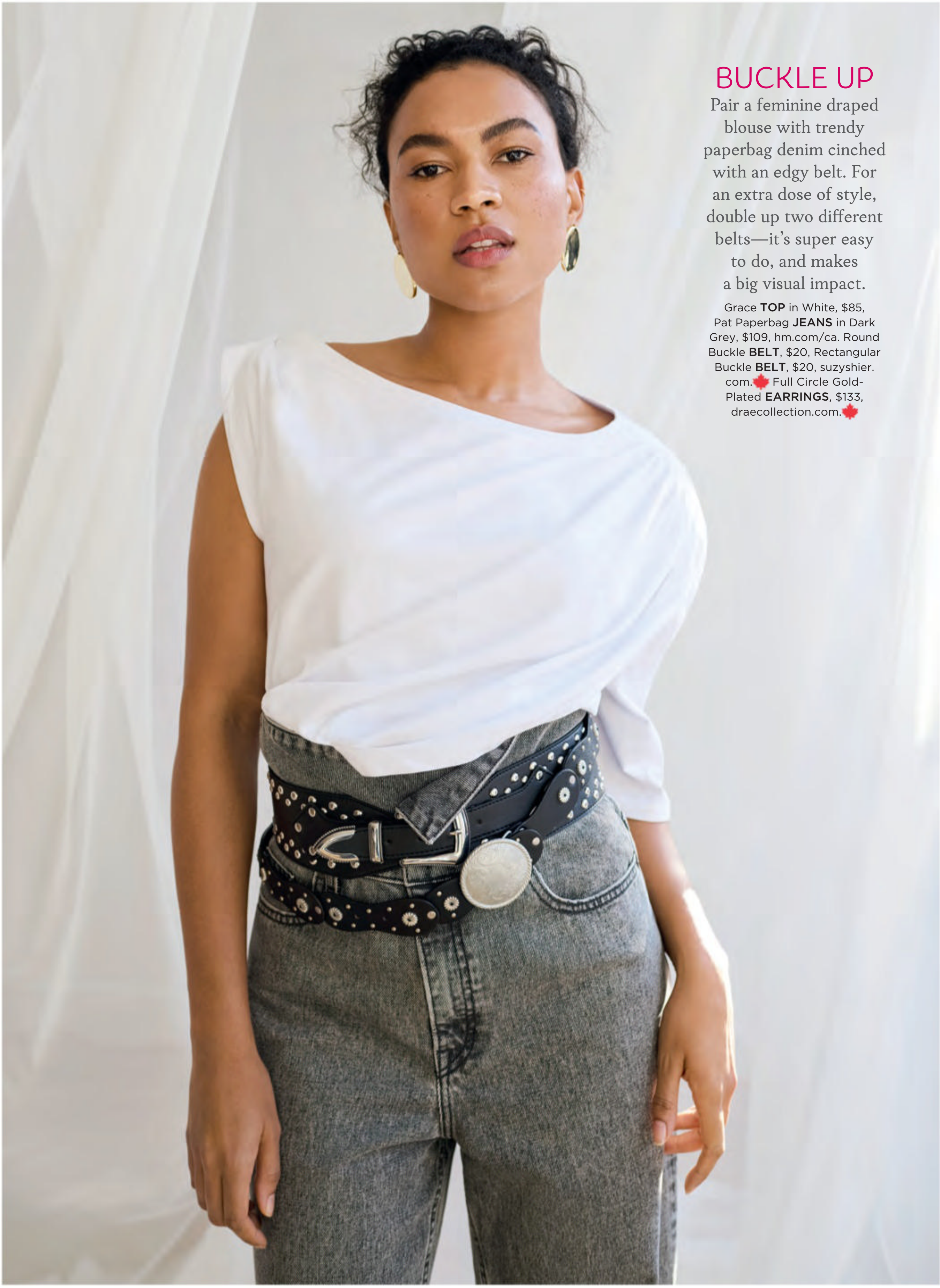
Naya **SHIRT** in Bluebell Multi, $398, veronicabeard.ca. Moa **TOP** in Dove, $84, Celine **CAPRIS** in Birch, $168, lamarquecollection.com.🍁



PRIMA BALLERINA

Let movement and wellness guide your clothing choices by incorporating leotards and wrap tops inspired by the effortless elegance of ballet dancers. The white and cream colour palette is fresh and light, making it the perfect match for the arrival of spring.

Wrap **TOP**, $29, **TIGHTS**, $30, simons.ca.🍁 Jogger **PANTS** in Sand, $75, livom.ca.🍁 **T-SHIRT**, $12, suzyshier.com.🍁



BUCKLE UP

Pair a feminine draped blouse with trendy paperbag denim cinched with an edgy belt. For an extra dose of style, double up two different belts—it's super easy to do, and makes a big visual impact.

Grace **TOP** in White, $85, Pat Paperbag **JEANS** in Dark Grey, $109, hm.com/ca. Round Buckle **BELT**, $20, Rectangular Buckle **BELT**, $20, suzyshier.com.🍁 Full Circle Gold-Plated **EARRINGS**, $133, draecollection.com.🍁

PHOTOGRAPHY, ADOBE STOCK/E

motivation of the month

DECISIONS, DECISIONS

We've all struggled with making a decision at some point in our lives...and it turns out that hesitation might actually work in your favour. A recent study reveals that speedy decision-makers tend to lean heavily on their initial biases, even when new evidence says, "Think again!" Meanwhile, slow-and-steady thinkers are less swayed by those snap judgements, leading to better, more informed choices. It's okay to stop and give yourself time to think things through. Sometimes, good things really do come to those who pause to ponder.

life & community

positive changes 34

poetry 36

Every LITTLE thing

Want to change your life? It's the small steps we can take every day that make the biggest impact.

TEXT MARIE WAINE

ILLUSTRATION, ADOBE STOCK/E

We all have goals we want to achieve, and they usually have one thing in common: They're big and require a major overhaul of our day-to-day lives. Eat healthier, spend more time with friends and family, save money, work out more—easier said than done, right?

So, if these changes feel so lofty, how do we successfully accomplish the things we set out to do? It has to start small; so small you may even laugh. These tiny steps are called micro habits, and are the key to creating true and lasting change in your life. Thankfully, micro habits are super easy to implement into your routine and require such little effort to complete that you're much less likely to feel overwhelmed, lose motivation or procrastinate.

"Micro habits are all about moving toward the lifestyle that you want," says Michael Decaire, a clinical psychologist and the founder and clinical director of FLEX Psychology in Toronto. "They're the small, easily achievable behaviours that serve as the building blocks for larger, more complex habits." These small steps lower the barrier to entry so that we can work toward and ultimately achieve our larger goals.

Let's say you live a pretty sedentary life and want to start moving more. Setting a goal of working out or getting more steps in is possible, but it's not the first step. Telling yourself you're going to move your body for one hour four times a week can be setting yourself up for failure, but creating a smaller goal of doing 10 squats feels more attainable.

Successfully made micro habits share a few key characteristics, says Decaire. They have to be tiny, so tiny that they feel impossible not to accomplish. Micro habits require minimal effort and motivation, and are often tied to existing habits, which increases the likelihood of follow-through. They also need to be momentum-building, so they encourage consistency. The challenge we face, Decaire says, is that many of the things we do as micro habits don't have an immediate reward (because they're part of a larger goal). "We have to find some way to attach these habits to routines we're already committed to (and then eventually the payout occurs), or some action that reinforces the micro habit now," he says.

Attaching your new micro habit to an action you already enjoy can create a positive feedback loop and help you build momentum. An example could be listening to your favourite podcast only when cooking a healthy recipe or watching Netflix while on the treadmill.

Another strategy is to choose a part of your established routine as a trigger, or reminder, of your new habit. For instance, following your morning shower with one minute of meditation.

Once you've separated your larger goal into tiny steps and figured out your reward and reminder system, it's time to get to work. No matter what goals you have or habits you're trying to incorporate into your life, Decaire says implementing the following small tasks is a great way to help you reach your full potential.

MICRO HABITS
that will change your life

1

Find opportunities for mindfulness

We've all heard about the benefits of meditation, but we don't all have the time or ability to incorporate a new 20-minute practice into our day. On a micro level, "It's really about being focused and present on what you're doing in that very moment," says Decaire. Taking the time to acknowledge how you feel helps you become more self-aware, involved and conscious of what is happening around you.

"The opposite of mindfulness is mindlessness," says Decaire. "Mindlessness is doing something with no intention. With mindfulness, you're bringing intention to a series of small things that will help you meet your goals." When your alarm goes off in the morning, take five seconds to do a big, full-body stretch, or try savouring your first sip of coffee in the morning—really taste it, and think about how it makes you feel. It's an easy way to be grounded and connected.

2

Hit pause

Life is busy—we get it. Finding time to take a break and focus on yourself might feel impossible in your day-to-day life. So what does pausing mean, and how can we incorporate it?

"What I focus on is finding a chance to break at a transition," says Decaire. "It's looking for a micro habit that allows me to take all of the stuff that happened up to that point in time and leave it in the previous point in time." You can make a cup of tea between meetings, change clothes when you get home from work or take an intentional deep breath before you turn off your light at night. These transitional activities let you take a second for yourself before you move on to the next moment.

3

Practice gratitude

Start to take note of the small things in your day that might otherwise go unnoticed—especially on bad days. They don't have to be profound. The point of the practice isn't to judge yourself; it's to find more joy in the everyday. You may be thankful for your bed after a restful sleep, for the happiness a pet brings you, or for eating a healthy meal.

"Putting gratitude into action is one of the micro habits that people sometimes are hesitant to try," says Decaire, "but every person I've advised to do it will say within two weeks what a difference it's made in their life." He encourages us to say aloud—to ourselves or others—the things we're grateful for when we notice them, but even more impactful is to take one minute in the morning or at the end of the day to write them down. Use your phone's notes app before bed or write them on a sticky note placed on the fridge for your family to see. Remember, it's a micro habit: It should feel easy and effortless to incorporate.

Bonus tips

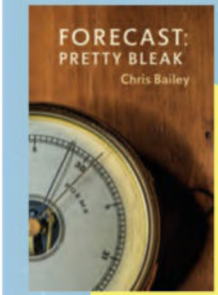
Want to stop scrolling on your phone before bed? Keep your phone in a different room or move your go-to app off your home screen. Want to drink alcohol more intentionally? Don't stock up on drinks at home—go to the store and buy just what you need for the night. These intentional acts can change your habits over time.

CANADIAN REFLECTIONS

New collections from homegrown poets give us an opportunity to comprehend and connect with our country in whole new ways.

TEXT SARA ROMANO

PHOTOGRAPHY, SHUTTERSTOCK/E



FORECAST: PRETTY BLEAK

by Chris Bailey

WHAT'S IT ALL ABOUT? This candid and humorous collection by a poet who's also a graphic designer and commercial fisherman focuses on life in rural P.E.I. In poems that cover everything from climate change to love, family and work, the author uses the power of his words to get to the heart of life: that sometimes hope means simply looking for better weather tomorrow.

ON FISHING AS MUSE *"I've been a commercial fisherman for two-thirds of my life, so it makes sense that a lot of my poetry is rooted in that work and the landscape and the people," says Bailey. "That job even influences the way I talk."* (McClelland & Stewart), $23 **MARCH 25**

If you've never read Canadian poetry, you're missing out. Just like our revered homegrown musicians, comics, actors and novelists exemplify an inherent 'Canadian-ness' in their works that resonates with us, our national poets draw from that same deep-rooted well of inspiration. Cultural diversity, a rugged natural landscape, our bustling cosmopolitan cities, that deprecating sense of humour, the country's complicated past and future: These elements are often explored in the works of all our national artists, poets included. Even themes as disparate as marriage and food, seemingly untethered to a sense of place, unfold through a Canadian lens in ways we all recognize.

The collections featured here use intricate threads of words to weave meditations on topics such as motherhood, diasporic identity, music and climate change, creating evocative, rich images in a minimum of words. From the pens of an award-winning Waterloo teenager, a P.E.I. fisherman and a Calgary-based radio host, among others, these new volumes of Canadian poetry are worth getting to know.

MORE SONGS THE RADIO WON'T PLAY

by Stan Rogal

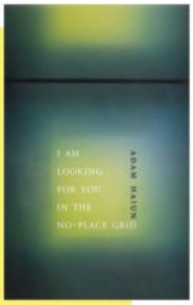
...more songs
the radio
won't play...
STAN ROGAL
poems

WHAT'S IT ALL ABOUT? Like your new favourite mix tape, Rogal's poems use his way with words to transform the lyrics and ideas in popular songs into something different. Though infused with commentary on current world happenings, Rogal says, the point of this work—witty, profane and philosophical—is the journey of creating, not the end result.

ON MUSIC AS MUSE *"This concept came to me while listening to Canadian singer-songwriter Kathleen Edwards's* "One More Song the Radio Won't Like"*—the idea of finding a medium—radio, TV, publishing, gallery—that deems your work worthy of sharing with their broader audience."* (ECW Press), $23 **MARCH 25**

I AM LOOKING FOR YOU IN THE NO-PLACE GRID

by Adam Haiun



WHAT'S IT ALL ABOUT? Adam Hauin's debut asks the questions What do computers want from us? And what do we want from them? Written in a glitchy discordance like a computer gradually breaking down, Haiun's poems form an uncomfortable narrative of computer intelligence infatuated—and then dissatisfied—with end users.

ON THE RESONANCE OF CANADIAN POETRY *"Canadian poets express uncomfortable ideas, make the reader confront images both foreign and intimate," says Haiun. "Instead of reading another poem about New York City, you can read a poem about a factory you see on your commute every day, which reckons with its history, which describes it in a way that is fresh and immediate."* (Coach House Books), $25 **MAY 20**

FAMILIAL HUNGERS by Christine Wu

WHAT'S IT ALL ABOUT? *Familial Hungers* centres around stories of identity, race and fractured relationships through the lens of food. Ginger scallion fish, Sichuan peppercorns, ginseng tea—Wu weaves a tale of expectations of immigrant daughters, language loss and more through these mouth-watering allusions to life in 21st century Canada.

familial
hungers
christine wu

ON FOOD AS MUSE *"I'm inspired by the cultural foodscape we live in—I'm always on the lookout at local farmers' markets and grocery stores for new (or familiar, but unexpected) ingredients that make it into what I make for dinner and, subsequently, my poems," says Wu. "I married into a big Newfoundland family, and I've made moose meat Pad Thai with the meat my in-laws sent home with us (there's absolutely a poem in there that I hope to write soon)."* (Brick Books), $24 **FEBRUARY 28**

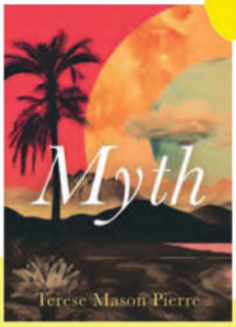
PARADE OF STORMS

by Evelyn Lau

WHAT'S IT ALL ABOUT? Storms, floods, wildfires—Evelyn Lau's 10th volume delves into eco-poetry, a genre that gained prominence during the COVID-19 pandemic. In this slim book, Lau uses weather, both physical and emotional, to explore themes of relationships, place, aging and more.

PARADE
OF STORMS
EVELYN LAU
POEMS

ON WHY HER POEMS REFLECT CANADA *"Even when I've shied away from writing about Place, the backdrop of where one lives creates a mood and atmosphere through sensory details," says Lau. "That's true about Canada as well; without thinking too much about what makes one 'Canadian,' we soak up so many traits and attitudes just by living here that they inevitably find their way into creative work."* (Anvil Press), $18 **MAY 7**

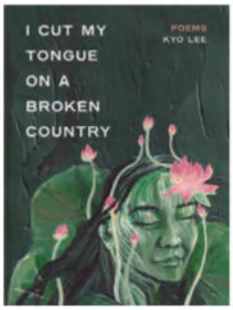


MYTH

by Terese Mason Pierre

WHAT'S IT ALL ABOUT? In three movements and two interludes, Terese Mason Pierre's much-anticipated debut collection travels from tropical islands to barren cities, from reality to lucid dreams. Through the magic of her words, *Myth* explores our relationships to land, trauma, self, ancestry and the future—and asks how myths can manifest themselves in our everyday lives.

ON DRAWING INSPIRATION FROM CANADA *"Living in Canada, I'm fortunate to witness in real time all the ways people connect and clash along their various boundaries, as well as the ways in which the land holds up a mirror to us, revealing history and future."* (House of Anansi), $23 **April 1**



I CUT MY TONGUE ON A BROKEN COUNTRY

by Kyo Lee

WHAT'S IT ALL ABOUT? Eighteen-year-old Kyo Lee's debut collection unfolds as a coming-of-age story through intertwining poems of lineage, family, girlhood, war and hope. Through a queer, diasporic Korean lens, Lee's poems walk a tender line between looking for love and what one loses on the journey to be where one ends up.

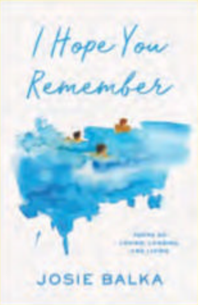
ON WHY CANADIAN LITERATURE IS SO IMPORTANT *"When I read Canadian books, both poetry and prose, they feel like home to me in a way that other books don't," says Lee. "There is an indescribable quality to books written by people who share a circumstance with you, the reader, whether that circumstance is location, identity, relationship, or something else."* (Arsenal Pulp Press), $20 **MARCH 18**

I HOPE YOU REMEMBER

by Josie Balka

WHAT'S IT ALL ABOUT? A broadcaster and voiceover artist in Calgary, Balka is perhaps best known for her viral poems on social media that evoke universal themes with a nostalgic feel. This book corrals new and older works on family relationships, jealousy, love and grief—all told in clear, spare prose that is as affecting as it is easy to understand.

ON CANADA AS MUSE *"I think living in Canada plays a huge part in a lot of my writing, especially because a couple of major themes I tend to lean into are nostalgia and sentimentality. I believe one of the things that deeply evokes feelings of a time that is no more is the weather. Living in a beautiful place where you experience all four seasons gives me more of an ability to connect with old emotions."* (Simon & Schuster), $32 **MAY 13**



WELLWATER

by Karen Solie

WHAT'S IT ALL ABOUT? A look at how the concept of 'value' has weight in our current housing, economic and environmental crises, Karen Solie's sixth poetry collection tells stories of persistence and hope. Juxtaposing tales of man-made dystopian struggles and the natural world's ability to renew itself, *Wellwater* is full of complex ideas that speak to resilience of both people and our environment, and look to ways we can move forward at peace with our world.

WELLWATER
KAREN SOLIE

ON WHY HER POEMS REFLECT CANADA *"Growing up on my family's farm in southwest Saskatchewan formed the basis of my relationship to landscape, scale, weather and even language," says Solie. "That place and time created my first map of the world, against which all others are held in relief."* (House of Anansi), $23 **APRIL 1**

health hack of the month

OIL PULLING

Looking to naturally boost your oral health? Oil pulling might be for you. This ancient practice associated with Ayurvedic medicine is an easy addition to your regular brushing and flossing routine. Oil pulling involves swishing a tablespoon of edible oil, such as sesame, coconut or olive oil, around your mouth for 15 to 20 minutes. It's thought to provide several benefits, including reducing plaque and inflammation, decreasing harmful bacteria, increasing saliva production, improving gum health and preventing cavities. Spit the oil into the garbage when you're done, as swallowing it means you're ingesting bacteria, and putting it down the drain can clog your pipes.

health & fitness

superfood 40

body talk 44

PHOTOGRAPHY, ADOBE STOCK/E

Prune perfection

Prunes are dehydrated plums, most commonly the d'Agen cultivar (not all plum cultivars are suitable for drying). Famous for providing relief from constipation, prunes offer a wealth of other health benefits, too. You can enjoy prunes on their own or try incorporating them into smoothies, salads and other sweet and savoury dishes for a nutritious boost. Read on to discover why prunes are this month's superfood.

TEXT MADELEINE LAVIN

THE BENEFITS

Smooth moves

Prunes are well-known for their role in relieving constipation, but did you know it's not only because of their high fibre content? They also contain sorbitol, a sugar alcohol with natural stool-softening effects. While prune juice doesn't contain the same amount of beneficial fibre as the whole fruit, it is also effective for promoting bowel movements due to its sorbitol content. Prunes have been shown to be more effective at treating constipation than many other types of laxatives. An excellent source of fibre, prunes benefit your heart, too, due to pectin—a type of fibre found in prunes—that may help to lower cholesterol levels.

Bone appétit

Preliminary studies have revealed a promising link between eating prunes and a reduced risk of bone conditions, such as osteopenia and osteoporosis, especially in postmenopausal women. Animal models suggest that prunes can be effective for preventing bone loss and helping to reverse it, too! They are a good source of bone-protective vitamins and minerals, including boron, vitamin K, phosphorus, magnesium and potassium. Antioxidants found in prunes have also been linked to anti-inflammatory effects that can help prevent or delay bone loss. One study found that eating just five or six prunes per day can help prevent bone mineral density loss and preserve bone structure and strength.

Brain food

Prunes are rich in protective compounds, like polyphenols, which have been linked to improved cognitive function. If you're eating prunes for their heart health benefits, the good news is that you're also supporting brain health by increasing circulation to the brain, which can reduce the risk of brain degeneration. There's also the link between gut health and the brain to consider, as the fibre in prunes helps to support a healthy microbiome, which in turn supports brain function. While more clinical studies are needed, early research suggests that the antioxidant and anti-inflammatory effects of prunes' polyphenols may reduce damage and repair neurons and protect against neurodegenerative diseases.

BEAUTY NOTES

TRY ONE OR ALL OF THESE PLUM PRODUCTS FOR RADIANT SKIN AND HAIR.

GLOW RECIPE Plum Plump Hyaluronic Cream, $54, sephora.ca.

BRIOGEO Don't Despair, Repair! Strengthening Treatment Oil, $39, thedetoxmarket.ca.

KIT Hydrating Sheet Mask, $2.50, well.ca.

PHOTOGRAPHY (PLUMS), ADOBE STOCK/E. PHOTOGRAPHY, TANGO/C. FOOD STYLING, NATALY SIMARD. PROP STYLING, CAROLINE SIMON

TEST KITCHEN **TIP**

Serve the tagine on a bed of whole wheat couscous.

VEGETABLE & PRUNE TAGINE

MAKES 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 30 MINUTES

1 tbsp	olive oil
1	onion, halved and thinly sliced
1	clove garlic, minced
1 tbsp	ras el hanout
1 tbsp	tomato paste
1 tsp	harissa paste (optional)
salt	
3 cups	sodium-reduced vegetable broth
4	carrots, diced
2	zucchini, halved lengthwise and sliced in 1/2-inch thick pieces
2	small rutabagas, cut in 1/2-inch cubes
1	540 ml can chickpeas, rinsed and drained
1/2 cup	pitted prunes, halved
1/4 cup	toasted sliced almonds
chopped fresh curly parsley	

In large saucepan, heat oil over medium heat. Add onion and garlic; cook, stirring often, about 3 minutes. Add ras el hanout, tomato paste, and harissa, if using; cook, stirring often, about 2 minutes. Season with salt.

Using wooden spoon, stir in broth, carrots, zucchini, rutabagas, chickpeas and prunes, scraping any browned bits from bottom of pan. Bring to boil. Reduce heat; cover and simmer until vegetables are tender, about 15 minutes. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 5 days or frozen for up to 3 months.)* Sprinkle with almonds and parsley.

PER SERVING about 233 cal, 8 g pro, 6 g total fat (1 g sat. fat), 37 g carb (9 g fibre, 15 g sugar), 0 mg chol, 2.5 mg iron, 333 mg sodium.

Confidence and Poise, every day

Take control of your life with tried-and-true bladder leak protection.

If you've been caught off guard by coughing too hard, dancing too much or lifting something heavy and having a little pee come out—trust us—you're not alone. It's a reality that many women experience light incontinence, commonly during menopause as a result of weakening pelvic floor muscles, but also when you're pregnant or after childbirth, and as a factor of some medical conditions. That kind of curveball can have you feeling unsure of yourself and apprehensive about the changes to your body. Luckily, Poise is here to help you manage leaks with confidence so you feel clean, dry and fresh and, most of all, still like you.

PHOTOGRAPHY, ISTOCK PHOTO/E

Protection you can count on

Did you know that one in three Canadian women over the age of 35 experience some form of incontinence, but up to 60 percent of us use period pads to manage it? Menstrual blood leaves the body at a slower rate than urine, though, so period pads may not absorb a quick spurt of pee effectively. That lingering wetness and odour spells discomfort and possible skin irritation. The experts at Poise have specially designed their pads and liners to counteract the effects of light incontinence, using materials that offer superior absorbency and leave you feeling 10 times drier than with period pads.

Confidence round the clock

Using the same products day and night (what a whopping 84 percent of women experiencing bladder leakage do!) is a major cause of breakthrough leaks and odour. Thankfully, 24/7 reliable support is here. Poise products give you multiple coverage and protection options—with or without wings, long length or regular, light or maximum absorbency, ultra-thin liner or overnight pad—so that you can choose what you need *when* you need it. A pad with a wider back for sleeping? Poise offers that. A pad that's wider in both front and back for a long flight? Poise makes that, too. A totally discreet liner? Well, in fact, all Poise products are virtually undetectable, so you can manage leaks and live worry-free, both day and night.

Dry and comfortable every day

Whether you experience drips, squirts or bursts when you sneeze, or surges, streams or gushes when you laugh, Poise has you covered. Check out the brand's absorbency guide to determine which product makes sense for you, based on the level of leakage you experience. From liners that whisk away the wetness of the lightest drops to overnight pads that provide up to 12 hours of protection, every Poise product is made to make you feel secure and in control no matter what life throws your way.

JUST AS RELIABLE
AS YOUR
FAVOURITE JEANS

Poise®
FRESH PROTECTION™
PADS
CLEAN · DRY · FRESH
UP TO 100% PROTECTION GUARANTEED†
7
ULTRA ABSORBENT LONG
2X MORE ABSORBENT MATERIAL*

2X MORE
ABSORBENT*

*vs. Poise Originals 4 Drop Pad. ® Registered trademark of Kimberly-Clark Worldwide, Inc. © KCWW

Dry, dry again

Discover everything you need to know about bladder leakage.

TEXT KAREN ROBOCK

ILLUSTRATIONS, ADOBE STOCK

If you've ever felt damp down there during a yoga class, not quite made it to the washroom on time, or sometimes pee when you laugh or cough, you are in good company. Roughly 1.5 million Canadians experience incontinence, including an estimated one in three women.

"It's not something we should be hiding or ashamed of, because it happens more frequently than we want to imagine," says Dr. Magali Robert, a professor in the Cumming School of Medicine and department of obstetrics and gynecology at the University of Calgary.

WHAT CAUSES BLADDER LEAKAGE?

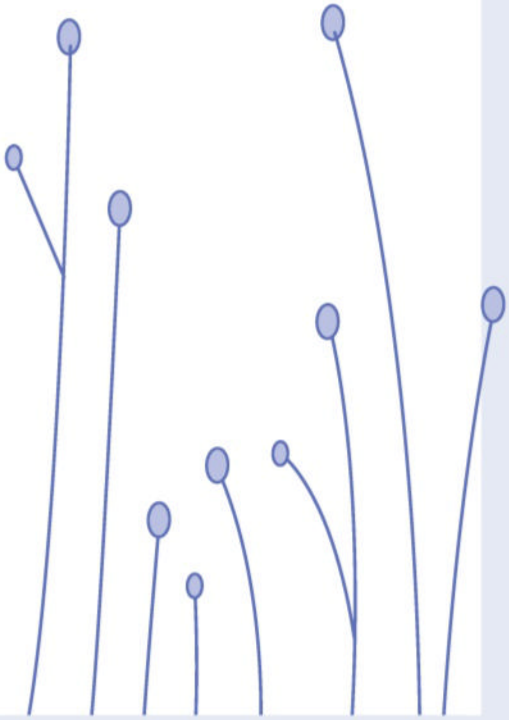
According to Dr. Dante Pascali, a urogynecologist at The Ottawa Hospital and associate professor of obstetrics and gynecology at the University of Ottawa, incontinence can be caused by a variety of factors, at different points in a woman's life. Pregnancy and childbirth, being overweight, frequent urinary tract infections and menopause can all be linked to pee leaks. "Women who start new medications like diuretics for high blood pressure may notice more urinary frequency and urgency," says Dr. Pascali. And research has shown that women with chronic conditions, such as asthma and heart disease, are more than twice as likely to experience bladder leakage, too.

There are several types of bladder leakage issues. Overflow incontinence happens when you produce more urine than your bladder can hold, or your bladder doesn't empty like it should and it gets too full, causing leaks. For women, some of the most common causes of overflow incontinence are medications, nerve damage, weak bladder muscles and blockages in the urinary tract.

Overactive bladder, which is also known as urge incontinence, happens when you have to use the washroom suddenly. Some women have little warning before they need to pee, while others spontaneously leak at the very suggestion of peeing (even the sound of running water can set some women off). This can lead to nighttime accidents or daytime mishaps when you're not close enough to a washroom. "These women have a strong urge to pee, but leak urine en route to the bathroom," says Dr. Pascali.

Stress incontinence is the most common type and accounts for about 50 percent of women who experience pee leaks. (Some of these women also have overactive bladder, a condition called "mixed incontinence.") These leaks are caused by an inability to fully close the urethra, a tube that allows urine to leave the body. This is often due to weak or damaged pelvic floor muscles, which support the bladder like a sling. Extra pressure, caused by laughing, sneezing, coughing or exercise, can cause you to pass urine.

> Roughly 1.5 million Canadians experience incontinence, including an estimated one in three women… incontinence can be caused by a variety of factors, at different points in a woman's life.



EVEN LITTLE LEAKS CAN FEEL LIKE A BIG DEAL

The fear of peeing your pants in a business meeting, or not being able to stay dry through a movie, Pilates class or dinner date, can become a major concern. If you don't have complete confidence in your ability to hold it, you might start skipping your workouts, and even begin to avoid any potentially problematic social situations.

Some women also have real fears about leaking during intimacy, says Dr. Robert. "We talk about jumping on trampolines and make jokes about laughing so hard that you wet yourself, but we don't talk about intimacy," she says. There is little research into the prevalence of this part of the issue, but she suspects it's much more common than we know. Bottom line: Pee leaks should not be getting in the way of your sex life or social life.

MANAGING BLADDER MISHAPS

Wearing an incontinence product, like a disposable pad or reusable absorbent underwear, can give you the confidence to move through your day, but they won't solve the problem. "They can help patients cope with the leaking but are not a treatment," says Dr. Pascali. Although surgical options are required, as a last resort, in some cases, there are a number of effective noninvasive remedies, too.

For women with stress incontinence, weight loss, dietary changes to deal with chronic constipation and smoking cessation are all possible management strategies. Pelvic floor muscle training can also play a key role. A pelvic floor physiotherapist can assess the condition of your muscles and prescribe a range of therapies, from Kegel exercises to biofeedback training. "Stress urinary incontinence can also be treated conservatively with pessaries," says Dr. Pascali. (These are rings fitted by a specialist that are inserted into the vagina to provide support.)

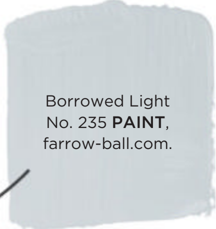
If you have an overactive bladder, there are bladder training exercises as well as prescription medications that can help. Avoiding common triggers, like caffeine and spicy or acidic foods (which are bladder irritants) and regulating your fluid intake, can also reduce bladder leakage. If you think a prescription drug you are taking, such as a pain medication, is an issue, talk to your doctor about adjusting your dosage or other alternatives.

What you shouldn't avoid are aspects of your life that you relish, or otherwise benefit from, because you're worried about incontinence. "We don't want to discourage women from being active or doing activities they enjoy because they're leaking," says Dr. Robert.

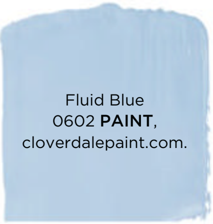
Many women make the mistake of thinking they have to live with a leaky bladder, but for approximately 90 percent of them, the problem can be managed one way or another. "If it's affecting your quality of life, or your bladder is starting to dictate how you live your life, it's time to talk to your doctor," says Dr. Robert.

colour of the month
ALICE BLUE

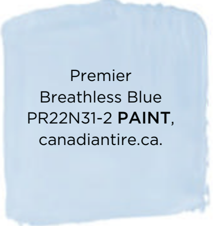
This fresh, pale shade, reminiscent of a colour named for one of Theodore Roosevelt's daughters, is the perfect hue to use if you're looking for serenity and a touch of upper-crust polish.



Borrowed Light No. 235 **PAINT**, farrow-ball.com.



Fluid Blue 0602 **PAINT**, cloverdalepaint.com.



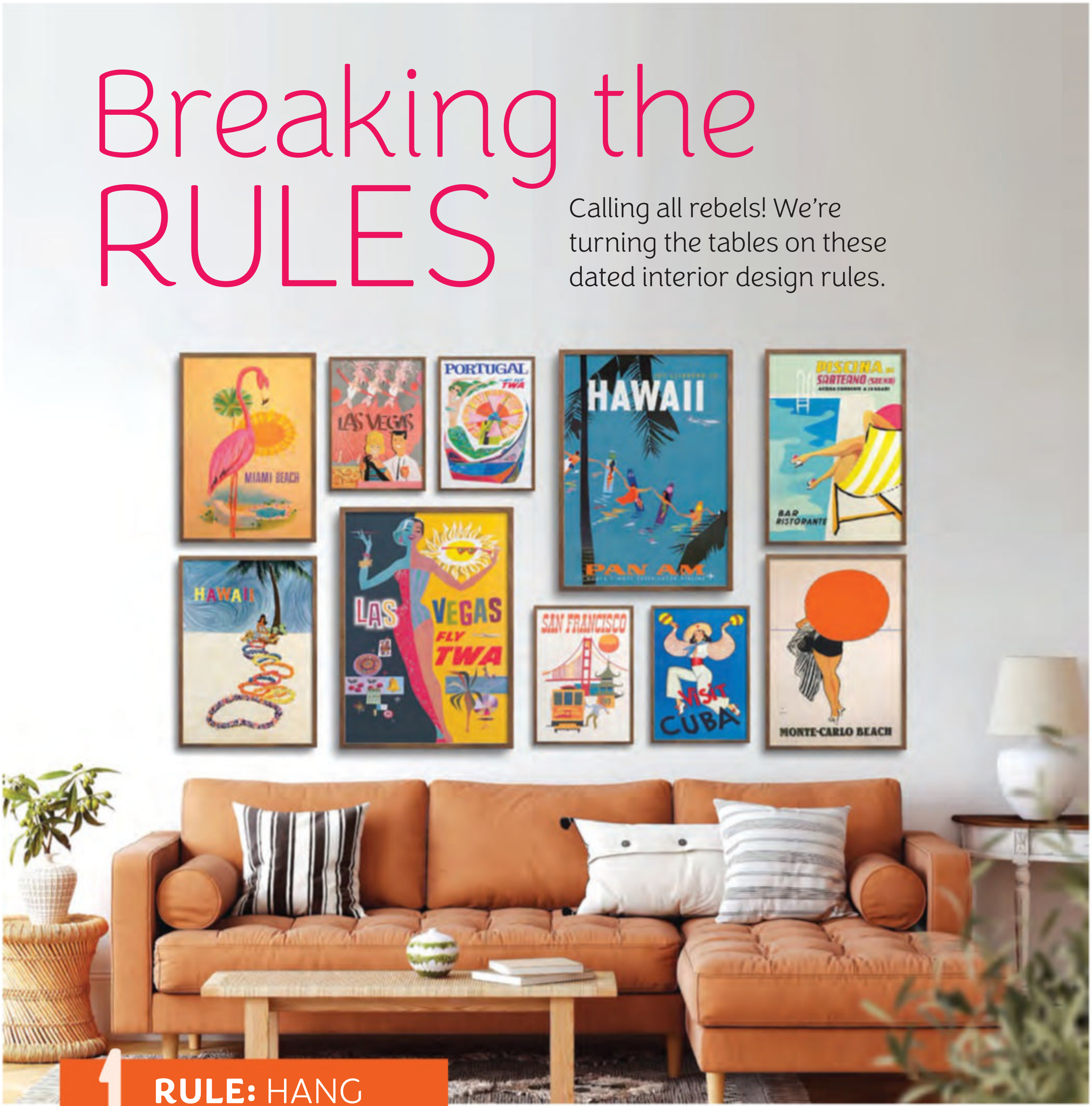
Premier Breathless Blue PR22N31-2 **PAINT**, canadiantire.ca.

home & garden

decorating 48
rugs 101 52
shopping 56

Breaking the RULES

Calling all rebels! We're turning the tables on these dated interior design rules.


MIAMI BEACH
LAS VEGAS
PORTUGAL
TWA
HAWAII
PAN AM
PISCINA SARTEANO
BAR RISTORANTE
HAWAII
LAS VEGAS
FLY TWA
SAN FRANCISCO
VISIT CUBA
MONTE-CARLO BEACH

TEXT CHRISTINA ZISKO, WITH FILES FROM ÉLISE FIOLA. PHOTOGRAPHY, VIBRANTVINTAGEPRINTS, ETSY.COM

1 **RULE:** HANG FRAMES AT EYE LEVEL

When you limit hanging pieces to just eye level, you miss out on the gorgeous potential of a gallery wall. A great way to feature a collection of your favourite pieces, gallery walls maximize wall space to make a statement and personalize your room. Plus, the varying heights create dimension that draws the eye.

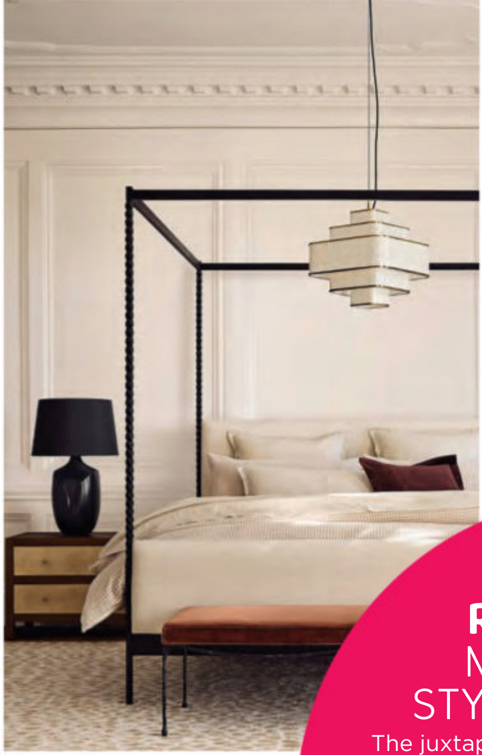
PHOTOGRAPHY, IKEA

2

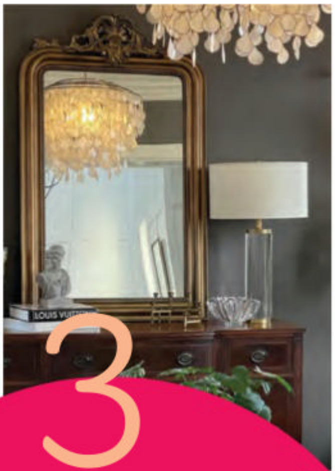
RULE: CURTAINS SHOULD BE A NEUTRAL COLOUR

Neutral curtains in solid shades of white, beige, brown and black are undoubtedly classic and easy to style, but don't discount the benefits of more colourful patterned options. These colourways can inject fun and lightness into your space or be used to drive home a particular design theme, like a set of pastel floral curtains in a rustic farmhouse kitchen.

PHOTOGRAPHY, ANTHROPOLOGIE



PHOTOGRAPHY, CB2



PHOTOGRAPHY, CB2

3

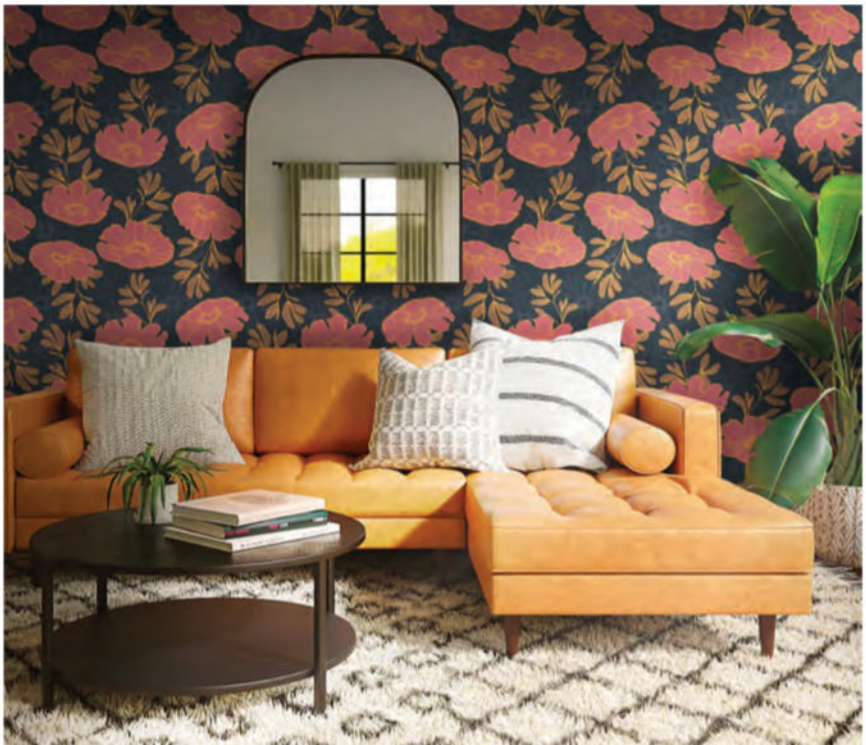
RULE: DON'T MIX LIGHTING STYLES IN A ROOM

The juxtaposition of two or more lighting styles in a room can create a unique vibe that's all your own. A sculptural pendant light on the ceiling can easily coexist with a minimalist table lamp or sconce, especially when the two share a similarity, like colour or material. When playing with different options, ensure that the light they emit is the same temperature, which will keep the look harmonious and intentional.

4

RULE: DON'T MIX PATTERNS

Many steer clear of mixing different patterns for fear that their room will look cluttered, messy or overwhelming. But when chosen well, multiple prints can add personality and visual interest to a space. The key is to choose colour palettes that work well together. For example, the geometric rug and pillows in this room have a similar neutral colour scheme that plays well with the hues in the bold floral wallpaper for a look that's cohesive rather than competitive.



PHOTOGRAPHY, DÉCOR IMPRIMÉ

5

RULE: PLACE ALL FURNITURE AGAINST A WALL

Often suggested for smaller spaces, this rule works to maximize floor space, but can be at the expense of function and comfort. Moving couches and chairs closer together, rather than at opposite walls, creates a living space that's made for real living—chatting, sharing snacks, playing games. Arrange your pieces to create a path to navigate the room and now you have a space that's conducive to both foot traffic and socializing.

6

RULE: DON'T MIX DESIGN STYLES

Combining distinct design styles can inject character into your room without sacrificing connectedness. Saying goodbye to rigid style constraints also makes it easier to update your space over time with trends and individual taste. This living room combines Art Deco, bohemian and classic elements to create an aesthetic that allows new pieces to be easily incorporated.

7

RULE: DON'T PUT ANYTHING IN FRONT OF A WINDOW

In an effort to keep the view unobstructed, it's common to be told that nothing should sit in front of your windows. While we wouldn't recommend installing a tall bookcase or shelf in front of them, a low piece of furniture can actually make windows stunning focal points. A bench or couch in that space encourages you to spend more time there and take advantage of the natural light and view, making the window area a useful gathering spot.

PHOTOGRAPHY, ARTICLE

PHOTOGRAPHY, SIMONS

8

RULE: STICK TO GROUPS OF THREE

The rule of three is a design principle that advocates grouping items in odd numbers, especially threes, to create balance that's pleasing to the eye. Although this rule is aesthetically effective, it's not the only way to achieve a harmonious space. Minimal or symmetrical compositions can be equally beautiful and are a great way to cultivate a calm atmosphere. Experiment with single items, plus even and odd collections to see what works best for your space.

PHOTOGRAPHY, IKEA

PHOTOGRAPHY, DÉCOR IMPRIMÉ

9

RULE: DON'T WALLPAPER EVERY WALL

Wallpaper can transform a room, whether you go with a subtle or bold style. When you use it on all of a room's walls, it creates an immersive atmosphere that sets the tone with ease. Think dark intricate patterns to create warmth and richness, or light minimal styles to invoke freshness and whimsy. A single wallpapered accent wall is also beautiful, but to make a serious style statement, don't be afraid to take a chance and go all in.

10

RULE: KEEP PAINT LIGHT ON WALLS AND CEILING

A common misconception is that a coat of dark paint on the ceiling or walls will immediately visually "shrink" the room. However, there are ways to use dark colours to expand the space instead. Try a matte finish that blurs the edges and corners to make the room feel bigger. Painting the walls, trim and ceiling the same hue also does the trick. If you're not ready to drench your room in a dark hue, try painting an accent wall that gives a cozy vibe without a big commitment.

PHOTOGRAPHY, SICO

BERND GRUBER

CUT A RUG

The right area rug can bring warmth, colour and style to a space, but with so many options on the market, it can be overwhelming to choose one. Read on to find the perfect rug for your home.

TEXT, CHRISTINA ZISKO, WITH FILES FROM CHANTAL LAPOINTE AND KELLY-ANN NEELEY. PHOTOGRAPHY, ARTICLE (TETRA RUG), ADOBE STOCK/E (DOG)

1. MATERIALS

THE APPEARANCE, TEXTURE AND LIFESPAN OF A RUG IS LARGELY DETERMINED BY ITS COMPOSITION. BOTH NATURAL AND SYNTHETIC FIBRES CAN LOOK GREAT IN YOUR SPACE, BUT KNOWING THE ADVANTAGES AND DISADVANTAGES OF EACH MATERIAL CAN HELP NARROW DOWN YOUR CHOICE.

SYNTHETIC FIBRES

POLYESTER

This affordable material can mimic the look of natural fibres while being stain- and moisture-resistant and easy to maintain. However, these rugs tend to be less durable and don't bounce back as well from foot traffic or indents from heavy furniture.

POLYPROPYLENE

Also known as olefin, this plastic derivative is cost-effective and easy to clean, with resistance to stains and moisture. This material is especially susceptible to matting and overall wear, plus it may not be as soft as some natural fibres. Polypropylene rugs are also more sensitive to heat, so it's important to be mindful of where it's placed in the home.

NYLON

Considered the most durable synthetic rug material, nylon can withstand high traffic and bounce back from the weight of heavy furniture. Compared to other synthetic fibres, nylon rugs can have a slightly higher price point and are prone to holding on to static electricity.

Other synthetic fibres used to produce rugs include acrylic, vinyl and poly silk. One of the most important drawbacks to any synthetic rug is the environmental impact created by its production. Often made with petroleum, these rugs can emit harmful chemicals into the air over time, are made with non-renewable resources and can contribute to microplastic pollution.

NATURAL FIBRES

WOOL

Wool rugs tend to be durable and higher quality while maintaining a luxe feel underfoot. As an insulator, wool helps control temperature, retaining heat in the winter months and keeping your space cooler in the summer. This material is well-known for being stain- and soil-resistant, but when the rug needs to be cleaned, you'll have to take it to a pro. Expect a bit of shedding when you first bring it home and avoid placing it in damp spaces. The major drawback of wool tends to be the price, as it's an investment piece that can be costly.

SILK

Celebrated for their softness, strength and beautiful sheen, the fibres of this lustrous material are very fine, allowing for more intricate designs and patterns. Because creating silk rugs is very labour-intensive, they tend to be especially expensive and, like wool varieties, need to be professionally cleaned.

COTTON

With a natural look and feel, cotton rugs are loved for their softness and comfort. They're often machine washable and lightweight, making them convenient to move around and keep clean. However, they can wear out in high traffic areas and are vulnerable to staining.

There are also rugs made from natural plant-based fibres such as sisal, seagrass, jute and bamboo, among others. These rugs can lend a rustic or bohemian look with their earthy tones and textures. Natural fibres are the way to go from a sustainability standpoint, and these hypoallergenic materials are great for allergy sufferers. Compared to synthetic rugs, natural rugs are more prone to shedding and can be subject to more staining than their synthetic counterparts.

drift®

The *Finishing Touch* to every landscape™

BLOOMS *spring-frost*
DISEASE *resistant*
RAINBOW *of colors*

Find Drift® at garden centers nationwide.

WWW.DRIFTROSES.COM

2.

MAINTENANCE

KEEP YOUR RUG LOOKING, FEELING AND SMELLING ITS BEST WITH THESE EASY TIPS.

VACUUM REGULARLY. Vacuum once or twice a week to clean away trapped dust, dirt and allergens and keep the rug fibres pliable.

DEEP CLEAN. To sanitize, remove embedded dirt and boost freshness, steam clean your carpets once every 12 to 18 months. (Consult a pro before tackling delicate fabrics.)

TRIM SNAGS. If a fibre snags, always snip it with scissors. While it can be tempting, pulling it out by hand can do more damage.

TREAT STAINS QUICKLY. Stain-resistant doesn't mean stain-proof. Act fast to treat spills and slops in order to prevent stains from setting in.

TURN & ROTATE. To ensure even wear, rotate your rugs every few months.

AIR & VENTILATE. Hanging a rug outside in the fresh air can help neutralize odours and dry out lingering dampness from wet shoes, spills and pets.

3.

TRENDS TO WATCH

Abstract and geometric patterns can bring personality and colour to spare spaces, as well as hide signs of wear and tear.

Raised textures, created by varying the carpet weave, materials or pile can add visual interest and a three-dimensional look to a traditionally two-dimensional piece.

Rounded, asymmetrical designs create a free-flowing aesthetic while softening the hard lines of angular furniture and decor.

4.

SIZE MATTERS

CHOOSING THE RIGHT SIZE RUG CAN MAKE A ROOM FEEL BALANCED AND BE PLEASING TO THE EYE. HERE'S HOW TO CHOOSE A RUG THAT'S FITS YOUR SPACE.

LIVING ROOM To define the sitting area, a rug should be large enough to extend under the front legs of your couch and chairs. For larger spaces, it can be beautiful to place your entire furniture arrangement on the rug. Whichever you choose, allow for at least a foot of visible flooring around the perimeter to avoid entirely carpeting the room.

DINING ROOM A rug in the dining room should be large enough to cover not only the table, but also the chairs when pulled out. This element is crucial to avoid the chairs sliding off the rug and snagging as they're tucked back in.

HALLWAY Choose a runner that exposes about four inches of flooring on each side. It's also important to consider the rug's thickness to ensure doors can open and close easily.

BEDROOM A rug can be used to define your sleeping area by choosing a size big enough to cover the area of your bed and side tables, plus extend another 18 inches outward on all sides. If you prefer a smaller style, place it under three quarters of the bed, allowing your side tables to sit off the rug. Again, allow for about 18 inches of carpeted space on either side so that your feet hit the warm rug when you get out of bed. Two runners on either side of the bed can also take the place of one large rug.

STAIRS A stair runner should sit with about four inches of tread and riser on each side.

ANIMAL HOUSE

IF YOUR FAMILY UNIT INCLUDES FURRY FRIENDS, KEEP THESE FACTORS IN MIND WHEN SELECTING A NEW RUG.

SYNTHETIC FIBRES that are resistant to stains and easy to clean, such as nylon, polyester and polypropylene, are often the most convenient options for homes with pets.

A PATTERNED RUG (or a shade that's similar to your pet's fur) can help camouflage the inevitable shedding that happens between vacuuming.

LOOPED PILE can get caught in claws, creating tears and snags.

LOW-PILE RUGS are less likely to trap pet hair and are easier to clean.

Choose a rug with a **NON-SLIP BACKING** to prevent slips and slides.

OUR PRODUCT PICKS

Constance 8′ x 10′ Washable **RUG** in Slate, $295, cozey.ca.

Tetra 8′ x 10′ Washable **RUG** in Gray, $649, article.com.

Bordeaux 6′ x 9′ Wool Traditional **AREA RUG** in Navy, $3,699, crateandbarrel.ca.

Isgräs 5′7″ x 7′10″ Low Pile **RUG**, $799, ikea.ca.

Anola 5′3″ x 7′6″ **RUG** in Ivory/Multi, $599, urbanbarn.com.

Misato 6′ x 9′ Knitted **RUG** in Gold, $289, structube.com.

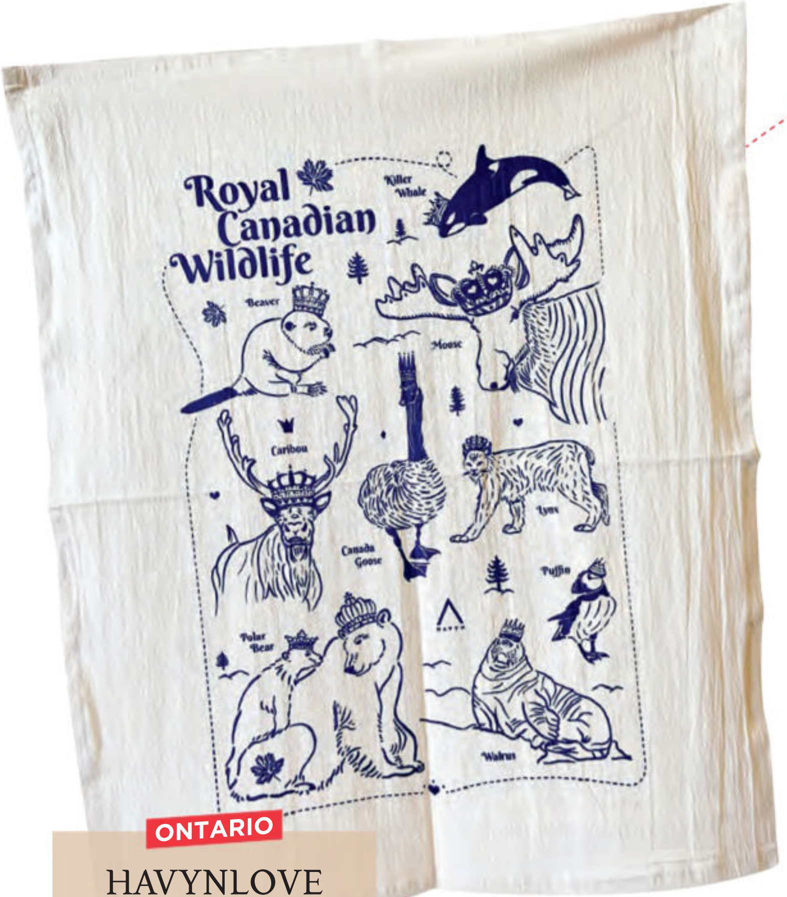
Ava 6′ x 9′ **RUG** in Grey, $350, tanguay.ca.

Historia 5′ x 8′ **RUG** in Blue, $410, mustsociete.com.

Oh, Canada!

For the perfect piece of decor to complete your kitchen, living room or bedroom, look no further than our own backyard. These Canadian-made textiles, ceramics and wall decor showcase just a fraction of the talent that resides right here in The Great White North.

More CANADIAN PRODUCTS

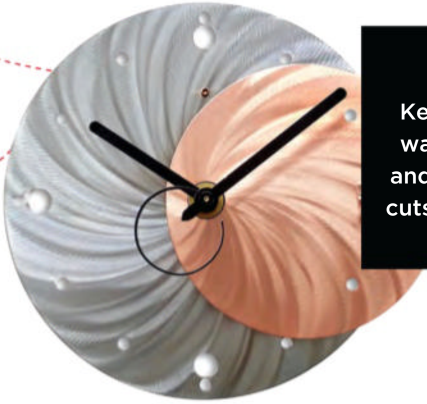


ONTARIO

HAVYNLOVE

Pay homage to our country's wildlife with this cheeky (but ultra-absorbent!) tea towel.

Royal Canadian Wildlife Hand Printed Organic **TEA TOWEL** in Blue, $24, havynlove.com.

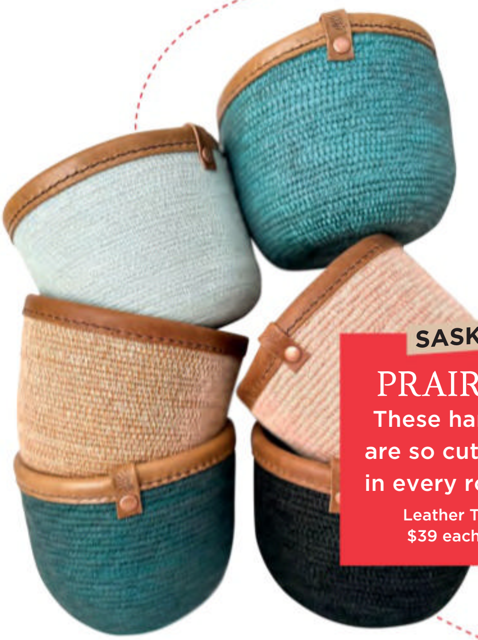


NEW BRUNSWICK

ROUTE 102

Keep time in style with this funky wall clock made of stainless steel and copper. (Bonus: The metal off-cuts are repurposed into jewellery!)

Eclipse **CLOCK**, $96, route102.ca.



SASKATCHEWAN

PRAIRIEKNOTCO

These handy little baskets are so cute, you'll want one in every room of the house.

Leather Trim Small **BASKETS**, $39 each, prairieknotco.com.

PRINCE EDWARD ISLAND

MACAUSLANDS WOOLLEN MILLS

Cozy up in one of these checkered beauties made in the only mill in Atlantic Canada still producing 100-percent pure virgin wool blankets.

MacAuslands Woollen Mills Wool Queen **BLANKET** in Dark Grey, $245, modernkomfort.ca.

PRODUCER, CHRISTINA ZISKO

NOVA SCOTIA

ALL FOR KNOT

Made with a single length of rope, this wreath is a piece of nautical decor that's super easy to style on your door, walls or even shelves.

Manila 10″ Rope Sailors **WREATH**, $36, allforknot.ca.

YUKON

LUMEL STUDIOS

Inspired by the awe-inspiring beauty of the Northern Lights, this handmade glass vase is truly a statement piece.

Large Classic Amphora Handmade Glass **VASE**, $375, shop.lumelstudios.com.

QUEBEC

ONQUATA

From an Indigenous women-owned business, these stunning hand-painted paddles are made by Native artisans of Wendake.

Les Célestes **PADDLES**, $355/pair, onquata.com.

ALBERTA

PRIMROSE

This chic trio of candle holders made from solid ash instantly elevates your dining table or mantelpiece.

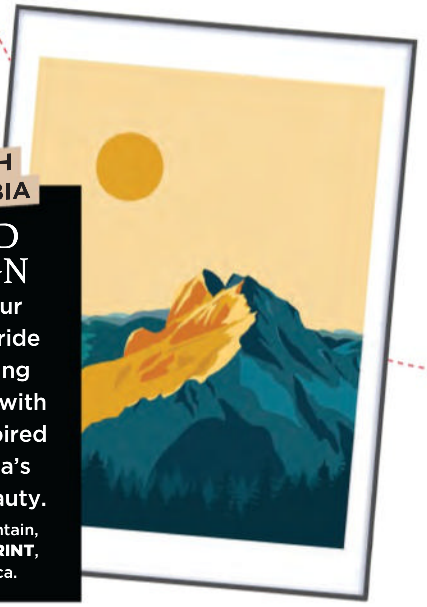
Isabella **CANDLE HOLDERS** in Natural Ash, $179/set of 3, shop-primrose.com.

NEWFOUNDLAND & LABRADOR

FOGO ISLAND WORKSHOPS

Chopping veggies, serving charcuterie or displaying knick-knacks? You'll put these functional yet stylish wooden boards to good use.

Washed Wooden **BOARDS**, $100 each, fogoislandworkshops.ca.



BRITISH COLUMBIA

IVIVID DESIGN

Show your national pride by adorning your walls with a print inspired by Canada's natural beauty.

Tantalus Mountain, BC, 12″x16″ **PRINT**, $37, ivivid.ca.

MANITOBA

PRAIRIE CITY PRINTING CO.

Toss your odds and ends into one of these 3D-printed catchall trays, or stack multiples for storage that doubles as modern sculpture.

Stacking Catchall **TRAYS**, $7 each, madeheremb.com.

SPECIAL OFFER

real life made simple
Canadian Living
40+ fashion TRENDS FOR THE SEASON
featuring even more CANADIAN PRODUCTS!
get ready for spring!
MAD-FOR-MAPLE SAVOURY DISHES
PROTEIN-PACKED MAINS & SNACKS
CHANGE YOUR LIFE IN JUST 5 MINUTES A DAY
bake the cover MAPLE CARAMEL ROLLS PAGE 12
THE best masks TO PAMPER WINTER-WEARY SKIN

1 YEAR FOR ONLY

$26.95

~~$69.90~~
the newsstand cover price

Canadian Living is your guide to SMART SOLUTIONS and GREAT IDEAS for everyday living.

Canadianliving.com/subscribe

Please allow 4-8 weeks for delivery of the first issue. Offer valid in Canada only until June 30, 2025. Taxes not included.

ingredient of the month
GREEN ONION

Green onions, also known as scallions, boast a mild, slightly peppery flavour that offers a fresh note to all sorts of dishes. Often used as a garnish, they're also robust enough to be the stars of the show! Choose green onions that have a firm white base and crisp green tops. Store them in the refrigerator wrapped in damp paper towel or with the roots in a cup of water to maintain freshness.

cook & eat

quick & easy 62
entertaining 68
spring brunch 74
protein punch 80
Easter cookies 88
maple dishes 90
last bite 98

PHOTOGRAPHY, TANGO. FOOD STYLING, NATALY SIMARD

eat your greens

Small but mighty, green onions pack a flavourful punch! Try them in a savoury pancake or creamy dip.

RECIPES MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD
PROP STYLING CAROLINE SIMON

BOWL, H&M HOME

GREEN ONION DIP

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 2 1/4 HOURS

250 g	cream cheese, softened
1 cup	sour cream
1 to 2	bunches green onions (7 to 9 stems), finely chopped (approx)
1/2 cup	chopped fresh curly parsley
1	clove garlic, minced
1 tsp	white wine vinegar
salt and pepper	

In food processor, pulse cream cheese and sour cream until smooth. Transfer to bowl; add green onions, parsley, garlic and vinegar. Season with salt and pepper; stir to combine. Sprinkle with more chopped green onion, if desired. Serve with raw vegetables of your choice. *(Make-ahead: Can be covered and refrigerated for up to 3 days.)*

PER EACH OF 8 SERVINGS about 175 cal, 3 g pro, 16 g total fat (9 g sat. fat), 5 g carb (1 g dietary fibre, 2 g sugar), 50 mg chol, 150 mg sodium, 0.6 mg iron.

GREEN ONION PANCAKE

MAKES 3 TO 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 25 MINUTES

1/2 cup	all-purpose flour
1/2 cup	potato starch (or cornstarch)
1 cup	cold water
1/2 tsp	salt
1 to 2	bunches green onions (7 to 9 stems), cut in 2- to 3-inch pieces
3 tbsp	vegetable oil (approx)
red chili pepper, thinly sliced (optional)	
Sweet & Sour Sauce (recipe, this page)	

In bowl, whisk together flour, potato starch, water and salt. Gently stir in green onions.

In large skillet, heat oil over medium-high heat. Using tongs, remove batter-soaked green onion pieces and place them in even layer in skillet. Cook for 1 minute without stirring; gently pour in remaining batter. Top with a few slices of red chili pepper, if using. Cook, turning once during cooking time, until golden brown on both sides, 10 to 12 minutes. (While cooking, pour a little oil around the side of the pan and shake it, if necessary, to prevent pancake from burning.) Transfer to plate before cutting into pieces. Serve with Sweet & Sour Sauce.

PER EACH OF 4 SERVINGS about 250 cal, 4 g pro, 10 g total fat (1 g sat. fat), 35 g carb (2 g dietary fibre, 6 g sugar), 0 mg chol, 810 mg sodium, 1.5 mg iron.

Sweet & Sour Sauce In small bowl, combine 1/4 cup sodium-reduced soy sauce, 3 tbsp unseasoned rice vinegar, 1 tbsp mirin, 1 tbsp granulated sugar and pinch hot pepper flakes. Makes about 1/2 cup.

PLATE, ANTHROPOLOGIE. SMALL BOWL, IKEA

what's —for— dinner?

30-minute meals make for smooth suppertimes!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POLENTA & TUSCAN BEANS	SHRIMP SPRING ROLL SALAD	LEMON, CHICKEN & BROCCOLINI PASTA	CHINESE-STYLE CHICKEN WINGS	GOAT CHEESE & PROSCIUTTO GALETTE

Find more fast and fresh dinner ideas at **canadianliving.com/quickandeasy**.

RECIPES & FOOD STYLING, MÉLANIE MARCHAND. PHOTOGRAPHY, BRUNO PETROZZA/C. ILLUSTRATIONS, ISTOCKPHOTO

ON THE TABLE IN
30
MINUTES

POLENTA & TUSCAN BEANS

MAKES 4 SERVINGS

2 3/4 cups	sodium-reduced vegetable broth, divided
1 cup	2% milk
1/2 cup	35% whipping cream
sprig	fresh rosemary
1 cup	instant polenta
2 tbsp	unsalted butter
1/2 cup	grated Parmesan cheese (approx)
2 tbsp	olive oil
2	540 ml cans white beans
1/3 cup	canned diced tomatoes
1 to 2	cloves garlic, chopped
2 cups	fresh baby spinach
salt and pepper	
fresh basil (optional)	

In large saucepan over medium heat, combine 2 1/2 cups of the broth, the milk, cream and rosemary; watching closely, bring to boil.

Whisk in polenta; reduce heat to low and cook, stirring constantly, until polenta is cooked through, 8 to 10 minutes. Stir in butter and Parmesan until creamy. Discard rosemary. Cover polenta and set aside.

In nonstick skillet, heat olive oil over medium heat. Stir in beans, tomatoes and garlic; cook, stirring often, for 2 minutes. Stir in spinach and remaining broth; cook for 2 minutes.

Divide polenta among plates. Top each with bean mixture and sprinkle with Parmesan, and fresh basil, if using.

PER SERVING about 705 cal, 28 g pro, 28 g total fat (14 g sat. fat), 86 g carb (13 g dietary fibre, 6 g sugar), 65 mg chol, 750 mg sodium, 8.6 mg iron.

ON THE TABLE IN

25

MINUTES

SHRIMP SPRING ROLL SALAD

MAKES 4 SERVINGS

200 g	rice vermicelli (half of 400 g package)
340 g	frozen cooked shrimp, thawed and patted dry, halved
1/2 cup	coarsely chopped peanuts
1	sweet red pepper, thinly sliced
2	carrots, cut in matchsticks
3	mini cucumbers, very thinly sliced
2 cups	bean sprouts
2	green onions, finely chopped
3 tbsp	fresh mint leaves

Peanut Sauce (recipe, this page)

In saucepan of boiling salted water, cook vermicelli until tender, 2 to 3 minutes (do not overcook). Reserving 1/2 cup of cooking liquid, drain noodles and rinse with cold water.

Transfer vermicelli to large serving bowl. Add shrimp, peanuts, red pepper, carrots, cucumbers, bean sprouts, green onions and mint. Toss gently; drizzle with Peanut Sauce and toss again.

PER SERVING about 650 cal, 40 g pro, 30 g total fat (5 g sat. fat), 56 g carb (6 g dietary fibre, 15 g sugar), 180 mg chol, 650 mg sodium, 4.1 mg iron.

Peanut Sauce In bowl, whisk together 1/2 cup creamy peanut butter, 3 tbsp sodium-reduced soy sauce, 1/3 cup of the reserved cooking liquid, 1 tbsp seasoned rice vinegar, 3 tbsp maple syrup, 2 tbsp chopped fresh ginger and 1 tbsp toasted sesame oil. Makes about 1 cup.

ON THE TABLE IN

30

MINUTES

LEMON, CHICKEN & BROCCOLINI PASTA

MAKES 4 SERVINGS

2 tbsp	olive oil
2	chicken breasts, cut in 1-inch cubes
1	onion, chopped
2 to 3	cloves garlic, chopped
2	bay leaves
zest and juice of 1 lemon	
500 g	mezze maniche pasta (or other short pasta)
1 cup	35% whipping cream
2 cups	sodium-reduced chicken broth
1	bunch broccolini (or head broccoli), cut in small florets
salt and pepper	
1/2 cup	grated pecorino cheese
pecorino cheese shavings (optional)	

In large saucepan, heat oil over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 4 to 5 minutes. Add onion, garlic, bay leaves and lemon zest; cook, stirring often, for 2 minutes.

Stir in pasta, cream and broth. Bring to boil, reduce heat to medium and cook, stirring occasionally, until pasta is al dente, about 10 minutes. Add broccolini and lemon juice; season with salt and pepper. Cook, stirring occasionally, for 3 minutes. Remove from heat; let stand for 2 minutes. Stir in grated pecorino, and pecorino shavings, if using.

PER SERVING about 670 cal, 35 g pro, 35 g total fat (17 g sat. fat), 53 g carb (6 g dietary fibre, 5 g sugar), 130 mg chol, 500 mg sodium, 3.3 mg iron.

ON THE
TABLE IN
30
MINUTES

CHINESE-STYLE CHICKEN WINGS

MAKES 4 SERVINGS

1 kg	separated chicken wings, patted dry
2 tbsp	sodium-reduced soy sauce
2 tbsp	hoisin sauce
2 tbsp	cornstarch
1 tsp	toasted sesame oil
1 tsp	maple syrup
1/2 tsp	five-spice powder
1/2 tsp	garlic powder
1/4 cup	vegetable oil

chopped green onions
microgreens
sesame seeds

Place chicken wings in bowl. Add soy sauce, hoisin, cornstarch, sesame oil, maple syrup, five-spice powder and garlic powder. Mix well to coat. Let stand, stirring a few times, for 5 minutes.

In large skillet, heat oil over medium heat. Cook wings, turning often, until browned on both sides and cooked through, about 15 minutes. Transfer wings to serving dish; sprinkle with green onions, microgreens and sesame seeds. Serve with rice, if desired.

PER SERVING about 530 cal, 45 g pro, 35 g total fat (9 g sat. fat), 9 g carb (0 g dietary fibre, 3 g sugar), 275 mg chol, 595 mg sodium, 1.4 mg iron.

TEST KITCHEN TIP

These wings can also be cooked in the air fryer at 400°F, turning once during cooking time, for 10 to 12 minutes.

ON THE TABLE IN

30

MINUTES

GOAT CHEESE & PROSCIUTTO GALETTE

MAKES 4 SERVINGS

2 tbsp	unsalted butter, softened
2	cloves garlic, chopped
1 cup	sliced leeks (white and light green parts only)
1 cup	frozen peas
salt and pepper	
1	400 g pkg puff pastry, thawed but cold (2 sheets)
1	125 g log plain soft goat cheese
3 tbsp	chopped fresh herbs (parsley, basil, chives, etc.)
100 g	sliced prosciutto
1	egg, lightly beaten

Preheat oven to 450°F. Line large baking sheet with parchment paper; set aside. In skillet, heat butter over medium heat. Add garlic and leek; cook, stirring often, for 2 minutes. Add peas; cook, stirring often, for 1 minute. Season with salt and pepper; remove from heat and set aside.

Place puff pastry sheets on prepared baking sheet. Prick all over with fork. Using spoon, spread goat cheese evenly over pastries; sprinkle with herbs. Divide leek mixture between pastries, spooning over top. Top each with prosciutto. Fold edges of pastries inward to form crust; brush crusts with egg.

Bake on upper rack of oven until crusts are starting to brown, about 15 minutes. Slice galettes into 2 or 4 pieces. Serve with greens, if desired.

PER SERVING about 795 cal, 23 g pro, 54 g total fat (15 g sat. fat), 54 g carb (4 g dietary fibre, 3 g sugar), 90 mg chol, 1,150 mg sodium, 4.7 mg iron.

EASTER DINNER

Serve up this elegant feast that boasts favourite Easter fixings like ham, eggs, green beans and chocolate cheesecake!

MENU

Artichoke & Caper Devilled Eggs

Marmalade- & Rum-Glazed Roast Ham

Green Beans & Romesco Sauce

Milk Chocolate Cheesecake

RECIPES MICHAEL LINNINGTON | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD
PROP STYLING CAROLINE SIMON

PLACEMAT, ANTHROPOLOGIE. PINK PLATES, LINEN CHEST. GLASS EGGS, POTTERY BARN. CUPS, EGGS, PLATES, HOMESENSE

ARTICHOKE & CAPER DEVILLED EGGS

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 35 MINUTES

8	eggs
1/3 cup	marinated artichoke hearts, drained and chopped
1 tbsp	finely chopped red onion
2 tsp	capers, finely chopped
1 tsp	chopped fresh flat-leaf parsley
	zest of 1/2 lemon
3 tbsp	mayonnaise
	salt and pepper
	chopped fresh dill (optional)
	whole capers (optional)

Place eggs in saucepan and fill with cold water to fully submerge eggs. Cover and bring to boil. Turn off heat; let stand for 7 minutes. Drain and rinse eggs under cold water for 2 minutes. Let rest in cold water for 10 minutes; peel eggs.

Slice eggs in half lengthwise; carefully remove yolks, placing them in bowl. Set egg-white shells aside. Mash egg yolks in bowl; add artichokes, onion, capers, parsley, lemon zest and mayonnaise. Season with salt and pepper; stir to combine. Using melon baller (or pastry bag fitted with plain tip), fill reserved egg-white shells with egg yolk mixture.

Place eggs on serving plate. Sprinkle with dill and capers, if using.

PER EACH OF 6 SERVINGS about 125 cal, 7 g pro, 10 g total fat (2 g sat. fat), 2 g carb (1 g dietary fibre, 0 g sugar), 285 mg chol, 150 mg sodium, 1 mg iron.

SERVING DISH, LINEN CHEST. LARGE WHITE PLATES, ANTHROPOLOGIE

MARMALADE- & RUM-GLAZED ROAST HAM

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 5 HOURS

1	4 to 5 kg bone-in smoked ham, (butt end)
3	stalks celery, roughly chopped
1	onion, quartered
1	carrot, roughly chopped
2 to 3	bay leaves
15	whole black peppercorns
1/2 cup	packed brown sugar
1/2 cup	orange marmalade
1 tbsp	dry mustard
1 tbsp	grated fresh ginger
1/3 cup	spiced dark rum
pepper	

Place ham in large saucepan with lid. Add celery, onion, carrot, bay leaves and peppercorns. Cover ham with cold water and bring to boil over medium heat. Reduce heat to low and cook, covered, for 2 1/2 hours. Toward the end of cooking time, preheat oven to 350°F. Remove ham from saucepan, reserving cooking liquid, and place fat side up on rack in roasting pan. Add 2 cups ham cooking liquid to roasting pan; reserve remaining cooking liquid. Cover ham directly with foil; bake for 30 minutes.

Meanwhile, in small saucepan over medium heat, stir together 1/2 cup of the reserved cooking liquid, the brown sugar, marmalade, dry mustard and ginger. Bring to boil; reduce heat and simmer, whisking often, until sauce has thickened slightly, about 5 minutes. Stir in rum and pepper; let cool.

Remove foil from ham and brush with glaze. Bake, uncovered, brushing ham with glaze every 10 minutes, for 1 hour.

Transfer ham to serving plate garnished with fresh herbs, if desired. In gravy dish, stir together any remaining glaze and sieved cooking liquid. Serve with sliced ham. *(Make-ahead: Sliced ham can be stored in airtight container and frozen for up to 3 months.)*

PER EACH OF 10 SERVINGS about 600 cal, 110 g pro, 13 g total fat (4 g sat. fat), 12 g carb (0 g dietary fibre, 12 g sugar), 305 mg chol, 3,500 mg sodium, 6.7 mg iron.

GREEN BEANS & ROMESCO SAUCE

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 20 MINUTES

Romesco Sauce

2	cloves garlic, crushed
1 cup	drained and roughly chopped store-bought roasted red peppers
1/2 cup	toasted almonds
1 tbsp	tomato paste
1/4 cup	coarsely chopped fresh flat-leaf parsley
2 tbsp	sherry vinegar
1 tbsp	lemon juice
2 tsp	paprika
1/2 cup	olive oil
salt and pepper	

Green Beans

500 g	green beans, trimmed
2 tbsp	olive oil
2 tbsp	capers, rinsed and drained
1/4 cup	chopped flat-leaf parsley
1/4 cup	toasted sliced almonds
lemon wedges	

In food processor, purée garlic, roasted red peppers, almonds, tomato paste, parsley, vinegar, lemon juice and paprika until smooth. With motor running, add olive oil in thin, slow stream. Season with salt and pepper; set aside.

Green Beans Place beans in steamer basket in saucepan over boiling water; cover and cook until tender-crisp, 3 to 4 minutes.

Generously spread Romesco Sauce over serving plate. Top with beans, drizzle with olive oil and sprinkle with capers, parsley and almonds. Serve with lemon wedges and remaining Romesco Sauce.

PER EACH OF 6 SERVINGS about 345 cal, 6 g pro, 30 g total fat (4 g sat. fat), 13 g carb (5 g dietary fibre, 4 g sugar), 0 mg chol, 500 mg sodium, 2.4 mg iron.

MILK CHOCOLATE CHEESECAKE

MAKES 8 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 2 3/4 HOURS

Crust

2 cups	chocolate cookie crumbs (such as Oreo crumbs)
1/2 cup	unsalted butter, melted
1/4 cup	granulated sugar

Filling

1/2 cup	35% whipping cream
1 tsp	instant coffee granules
3	250 g pkgs cream cheese, softened
3	eggs
1/4 cup	all-purpose flour
3/4 cup	granulated sugar
pinch	cinnamon
pinch	salt
250 g	milk chocolate chips

cocoa powder
fresh blackberries
white chocolate shavings

Crust Preheat oven to 350°F. Grease 9-inch springform pan; set aside.

In bowl, stir together cookie crumbs, butter and sugar until moist. Using your hands, press mixture into bottom of prepared cake pan; bake for 12 minutes. Set aside.

Filling In microwaveable bowl, heat cream with instant coffee on high for 30 seconds; set aside.

In bowl, using electric mixer on high speed, beat cream cheese until smooth. Reduce speed to medium; beat in eggs, one at a time. Beat in reserved cream mixture, the flour, sugar, cinnamon and salt until combined.

Place chocolate in large microwaveable bowl; heat on high in 30-second intervals, stirring after each, until chocolate is melted and smooth.

Drizzle chocolate into cream cheese mixture, stirring with spatula until smooth. Scrape onto reserved Crust. Bake until filling is set, 50 to 55 minutes. Let cool completely before unmolding, at least 1 hour. Sprinkle with cocoa powder and top with blackberries and white chocolate shavings. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 4 days or sliced and individually wrapped in plastic wrap in airtight container and frozen for up to 3 months.)*

PER SERVING about 890 cal, 13 g pro, 69 g total fat (37 g sat. fat), 68 g carb (2 g dietary fibre, 54 g sugar), 220 mg chol, 545 mg sodium, 3.9 mg iron.

spring fresh

TESTED TILL PERFECT
Canadian Living
TEST KITCHEN

These refreshing dishes are perfect additions to any springtime meal, but are also excellent served on their own.

PHOTOGRAPHY
BRUNO PETROZZA
RECIPES & STYLING
MÉLANIE MARCHAND

SALADE NIÇOISE with seared tuna

TEST KITCHEN **TIP**

The tuna steaks can be replaced with two cans of tuna, drained.

SALADE NIÇOISE WITH SEARED TUNA

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 6 1/2 HOURS

4	eggs
250 g	green beans, trimmed
15 to 20	baby potatoes
1/4 cup	olive oil, divided
3/4 cup	grated Parmesan cheese
pepper	
2	fresh tuna steaks
salt	
1	113 g pkg young leaf lettuce
227 g	cherry tomatoes, halved
1	398 ml can whole artichoke hearts, drained and halved
1 cup	pitted mixed olives
Anchovy Vinaigrette (recipe, this page)	

Place eggs in saucepan and fill with cold water to fully submerge eggs. Cover and bring to boil. Turn off heat; let stand for 6 minutes. Transfer eggs to ice bath for 10 minutes. Meanwhile, add beans to saucepan; cook for 2 minutes. Transfer to ice bath with eggs. Drain eggs and beans; refrigerate for at least 6 hours. Peel eggs; set aside.

Preheat oven to 400°F. Line baking sheet with parchment paper; set aside. In saucepan of boiling salted water, cook potatoes until tender, about 10 minutes. Drain and let cool for a few minutes. Place potatoes on prepared baking sheet. Drizzle with 2 tbsp of the olive oil and sprinkle with Parmesan; season with pepper. Toss gently to coat. Bake on upper rack of oven until potatoes are golden brown, 15 to 20 minutes.

Meanwhile, in skillet, heat remaining olive oil over high heat. Season tuna steaks with salt and pepper; place in skillet and sear, turning once during cooking time, 4 to 6 minutes. Transfer tuna steaks to cutting board and slice into strips.

On large serving platter, arrange lettuce. Top with reserved beans and eggs, the tomatoes, artichoke hearts, olives, potatoes and tuna slices. Drizzle with Anchovy Vinaigrette.

PER EACH OF 6 SERVINGS about 830 cal, 38 g pro, 34 g total fat (7 g sat. fat), 93 g carb (12 g dietary fibre, 4 g sugar), 130 mg chol, 350 mg sodium, 7 mg iron.

Anchovy Vinaigrette In mini blender or food processor, add 1/2 cup olive oil, 2 tbsp nutritional yeast, 1 tbsp Dijon mustard, 2 chopped green onions, 2 anchovy fillets, 1 tsp sea salt and 1 tsp maple syrup. Season with pepper. Pulse until smooth and creamy. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 5 days.)*

SMOKED SALMON & SPINACH QUICHE

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 1 1/2 HOURS

1	homemade or store-bought pie crust
1 tbsp	unsalted butter
1	shallot, chopped
2 cups	packed baby spinach
salt and pepper	
6	eggs
1 cup	35% whipping cream
1/2 cup	2% milk
pinch	nutmeg
3 tbsp	chopped fresh basil
1/2 cup	finely shredded aged Cheddar cheese
120 g	smoked salmon, roughly chopped
3/4 cup	ricotta cheese
basil leaves	

Preheat oven to 350°F; fit pie crust into 9-inch quiche dish or pie plate; flute edge. Place dish on baking sheet. Line crust with parchment paper; fill with pie weights or dried beans. Bake for 15 minutes. Remove parchment and weights. Bake for 5 minutes; let cool on rack.

In skillet, melt butter over medium heat. Add shallot and spinach; cook, stirring often, for 2 minutes. Season with salt and pepper. Remove from heat; set aside.

In bowl, whisk together eggs, cream, milk, nutmeg, basil and Cheddar; season with salt and pepper. Pour into cooled pie crust. Top with reserved spinach mixture, smoked salmon and ricotta. Bake until filling is set and crust is golden brown, 45 to 50 minutes. Let stand for 10 minutes. Sprinkle with basil leaves, and top with more smoked salmon, if desired. *(Make-ahead: Can be covered and refrigerated for up to 4 days or frozen for up to 3 months.)*

PER EACH OF 6 SERVINGS about 475 cal, 22 g pro, 33 g total fat (19 g sat. fat), 22 g carb (1 g dietary fibre, 5 g sugar), 265 mg chol, 500 mg sodium, 2.1 mg iron.

HEIRLOOM

POTATO & MASCARPONE GALETTE

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

2 tbsp	olive oil
1 1/2 cups	chopped leeks (white and pale green parts only)
2	cloves garlic, chopped
1 tbsp	chopped fresh oregano
salt and pepper	
1 sheet	store-bought puff pastry, thawed but cold (half of 400 g pkg)
1/4 cup	Dijon mustard
1 cup	mascarpone cheese
2 to 3	yellow potatoes, peeled and very thinly sliced
1/4 cup	grated Parmesan cheese
1 tbsp	chopped fresh rosemary (approx)
1	egg, beaten
liquid honey (optional)	

Preheat oven to 425°F. Line baking sheet with parchment paper; set aside. In skillet, heat oil over medium heat. Add leeks; cook, stirring often, for 2 minutes. Add garlic and oregano; cook, stirring often, for 1 minute. Season with salt and pepper. Remove from heat; set aside.

On lightly floured work surface, roll out puff pastry. Transfer to prepared baking sheet; prick pastry all over with fork. Brush with Dijon, leaving 1-inch border. Spoon mascarpone over mustard; top with reserved leek mixture. Arrange potato slices over top, overlapping slightly. Sprinkle with Parmesan and rosemary; season with salt and pepper. Fold edge of dough inward about 1 1/2 inches over filling. Brush edge with egg. Bake on upper rack of oven until crust is golden brown, 20 to 25 minutes. Let stand for 5 minutes. Drizzle with honey, if using, and sprinkle with chopped fresh rosemary, if desired.

PER EACH OF 6 SERVINGS about 605 cal, 10 g pro, 49 g total fat (26 g sat. fat), 31 g carb (3 g dietary fibre, 4 g sugar), 140 mg chol, 775 mg sodium, 2.5 mg iron.

Cooking with COTTAGE CHEESE

If you're trying to find ways to add more protein to your diet, look no further. These delicious recipes are chock-full of nutritious cottage cheese.

RECIPES MARIE-ÈVE LAFORTE
PHOTOGRAPHY BRUNO PETROZZA
FOOD & PROP STYLING MÉLANIE MARCHAND

cottage cheese &
vegetable **FRITTATA**

COTTAGE CHEESE FETTUCCINE ALFREDO

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 15 MINUTES

2 cups	2% milk
1 cup	cottage cheese
2 tbsp	cornstarch
1/2 cup	grated Parmesan cheese (approx)
2	cloves garlic, roughly chopped

salt and pepper
cooked fettuccine

In blender, purée milk, cottage cheese, cornstarch, Parmesan and garlic until smooth. Season lightly with salt and generously with pepper.

Transfer mixture to skillet over medium-low heat; simmer, whisking often, until sauce is bubbling and slightly thickened, 4 to 5 minutes. Serve over fettuccine and sprinkle with Parmesan and pepper, if desired.

PER EACH OF 6 SERVINGS about 115 cal, 9 g pro, 5 g total fat (2 g sat. fat), 9 g carb (0 g dietary fibre, 5 g sugar), 17 mg chol, 325 mg sodium, 0.1 mg iron.

gluten-free cottage cheese & seed **BREAD**

COTTAGE CHEESE BUTTER CHICKEN

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 35 MINUTES

1 1/2 cups	cottage cheese
6 tbsp	ghee (clarified butter), or regular butter (see Test Kitchen Tip)
1	onion, chopped
2 tbsp	ground cumin
2 tbsp	garam masala
2 tbsp	turmeric
1 tbsp	ground coriander
1 tsp	ground cardamom
2 to 3	cloves garlic, minced
1 tbsp	chopped fresh ginger
4	boneless skinless chicken breasts, cut in 1-inch cubes
1	650 ml jar tomato sauce

salt and pepper
fresh cilantro (optional)
naan (optional)

In food processor or blender, purée cottage cheese until smooth. Set aside in refrigerator.

In large skillet, heat ghee over medium heat. Add onion and cook, stirring often, for 3 minutes. Add cumin, garam masala, turmeric, coriander and cardamom; cook, stirring constantly, for 1 minute. Add garlic and ginger; cook, stirring often, for 2 minutes. Add chicken and cook, stirring occasionally, until almost cooked through, 4 to 5 minutes. Stir in tomato sauce; season with salt and pepper. Reduce heat to medium-low; simmer, stirring occasionally, until chicken is fully cooked, 7 to 8 minutes. Stir in reserved cottage cheese, reduce heat to low and cook until warmed through, 2 to 3 minutes. Sprinkle with cilantro and serve with naan, if using.

PER EACH OF 6 SERVINGS about 355 cal, 32 g pro, 18 g total fat (9 g sat. fat), 17 g carb (4 g dietary fibre, 6 g sugar), 110 mg chol, 875 mg sodium, 7.2 mg iron.

COTTAGE CHEESE & VEGETABLE FRITTATA

MAKES 9 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 1/4 HOURS

2 tbsp	vegetable oil
112 g	white mushrooms, sliced (half of 227 g pkg)
1/2	onion, chopped
1 to 2	cloves garlic, chopped
1	small sweet red pepper, diced
3 cups	roughly chopped lightly packed fresh baby spinach
9	eggs
500 g	cottage cheese
1 tbsp	Italian herb seasoning

salt and pepper
green onion (optional)

Preheat oven to 350°F. Grease 9-inch square cake pan; line with parchment paper. Set aside.

In skillet, heat oil over medium heat. Add mushrooms and cook, stirring often, for 3 minutes. Add onion; cook, stirring often, for 3 minutes. Add garlic, red pepper and spinach; cook, stirring often, for 2 minutes. Remove from heat and let cool.

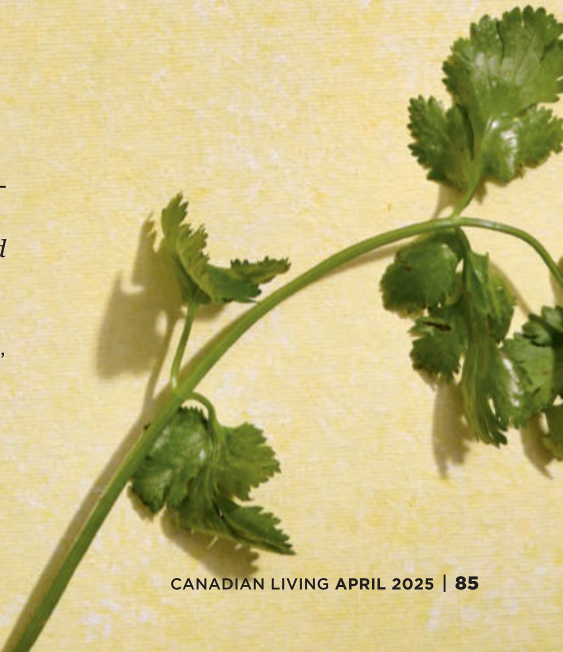
In blender, purée eggs, cottage cheese and Italian herb seasoning until smooth. Season with salt and pepper.

Pour egg mixture into prepared cake pan. Add sautéed vegetables and stir gently to distribute evenly. Bake until eggs are completely set in the centre, about 40 minutes. Let cool for 10 minutes; cut into 9 squares. Garnish with green onion, if using. *(Make-ahead: Can be cooled and wrapped in individual slices in plastic wrap and stored in airtight container and refrigerated for up to 4 days or frozen for up to 3 months.)*

PER SERVING about 165 cal, 13 g pro, 10 g total fat (3 g sat. fat), 5 g carb (1 g dietary fibre, 3 g sugar), 195 mg chol, 300 mg sodium, 1.8 mg iron.

TEST KITCHEN TIP

Ghee is traditionally used in Indian cooking because it does not burn. If you don't have ghee on hand, you can also use 5 tbsp regular butter plus 1 tbsp vegetable oil to produce the same high smoke-point effect.



GLUTEN-FREE COTTAGE CHEESE & SEED BREAD

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 70 MINUTES

500 g	cottage cheese
3	eggs
3 1/2 cups	whole gluten-free oats (or regular)
1/2 cup	sunflower seeds
1/2 cup	whole flax seeds
1/2 cup	hemp seeds
1 tbsp	baking powder
3/4 tsp	salt

Preheat oven to 350°F. Line baking sheet with parchment paper; set aside.

In large bowl, add cottage cheese, eggs, oats, sunflower, flax and hemp seeds, baking powder and salt. Mix well until combined. Using spatula, scrape mixture onto prepared baking sheet and using your hands, form loaf about 2 inches high, pressing lightly. Bake until bread is golden brown and firm, about 1 hour. Let cool before slicing. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 1 week or sliced and frozen for up to 3 months.)*

PER EACH OF 10 SERVINGS about 310 cal, 17 g pro, 16 g total fat (3 g sat. fat), 25 g carb (6 g dietary fibre, 2 g sugar), 65 mg chol, 525 mg sodium, 3 mg iron.

COTTAGE CHEESE CHOCOLATE BANANA BREAD

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 2 1/4 HOURS

1 1/2 cups	all-purpose flour
2 tsp	baking powder
1 tsp	baking soda
1/2 tsp	cinnamon
pinch	salt
3	large ripe bananas
2/3 cup	cottage cheese
1/4 cup	hemp seeds
2	eggs, lightly beaten
3/4 cup	granulated sugar
1/4 cup	vegetable oil
1 tsp	vanilla
3/4 cup	pieces dark chocolate (approx)
1	banana, ripe but firm, halved lengthwise

Preheat oven to 350°F; line 9- x 5-inch loaf pan with parchment paper, leaving excess on long sides.

In large bowl, whisk together flour, baking powder, baking soda, cinnamon and salt; set aside.

In separate bowl, using fork, roughly mash bananas. Whisk in cottage cheese, hemp seeds, eggs, sugar, oil and vanilla; until combined. Add to flour mixture and, using wooden spoon, stir just until moist and lumpy. Add chocolate and stir until combined (do not overmix).

Scape batter into prepared loaf pan; tap pan on counter a few times to release air bubbles. Gently place banana halves cut side up on top of batter, pressing lightly. Scatter a few pieces of chocolate on batter, if desired.

Bake until cake tester inserted in centre of loaf comes out clean, 60 to 65 minutes. Let cool in pan on wire rack for 10 minutes. Unmold; let cool completely, at least 1 hour. *(Make-ahead: Can be sliced and individually wrapped in plastic wrap and stored in airtight container and refrigerated for up to 1 week or placed in resealable bag and frozen for up to 2 months.)*

PER EACH OF 10 SERVINGS about 360 cal, 7 g pro, 15 g total fat (5 g sat. fat), 49 g carb (3 g dietary fibre, 29 g sugar), 40 mg chol, 315 mg sodium, 3.1 mg iron.

all for the nest

These adorable bird's nest cookies are delectable on their own, but topped with maple icing and chocolate eggs? Even better!

RECIPE MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD
PROP STYLING CAROLINE SIMON

OATMEAL WALNUT COOKIES WITH MAPLE ICING

MAKES 16 COOKIES
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 1/4 HOURS

2 cups	large-flake rolled oats
1 3/4 cups	all-purpose flour
1 tbsp	cornstarch
1 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	flaked sea salt
pinch	cinnamon
pinch	nutmeg
1/2 cup	unsalted butter, softened
1/2 cup	brown sugar
6 tbsp	maple flakes (approx)
2	eggs
2 tbsp	creamy natural almond butter
1 tsp	vanilla
1 cup	toasted walnuts, crushed
Maple Icing (recipe, this page)	
roughly chopped mini candy-coated chocolate eggs (such as Cadbury Mini Eggs)	

Preheat oven to 400°F. Line two baking sheets with parchment paper; set aside.

In bowl, stir together oats, flour, cornstarch, baking powder, baking soda, salt, cinnamon and nutmeg; set aside.

In separate bowl, using electric mixer on low speed, beat butter until light and creamy. Beat in brown sugar and maple flakes. Increase speed to medium; beat until smooth. Beat in eggs, almond butter and vanilla until smooth. Beat in oat mixture in three additions, beating until smooth. Using spatula, fold in walnuts (do not overmix).

Form sixteen 1/4-cup balls. Place eight balls on each prepared baking sheet, flattening slightly. Bake on middle and upper racks of oven, switching and rotating sheets halfway through baking time, until edges and tops of cookies begin to brown, 14 to 16 minutes. Let cool completely, at least 30 minutes.

Using spoon, top cookies with Maple Icing. Sprinkle with maple flakes and chopped chocolate eggs. *(Make-ahead: Can be stored in airtight container at room temperature for up to 2 days or frozen for up to 3 months.)*

PER COOKIE about 310 cal, 4 g pro, 14 g total fat (6 g sat. fat), 43 g carb (2 g dietary fibre, 26 g sugar), 45 mg chol, 215 mg sodium, 1.4 mg iron.

Maple Icing In bowl, whisk together 2 cups icing sugar, 1/4 cup maple syrup and 2 tbsp each softened butter and 35% whipping cream until smooth. (Add a little more cream, if necessary, to reach desired consistency.) Makes about 1 cup.

PLATE, LINEN CHEST. LINEN, POTTERY BARN

The magic of Maple

It's no secret that we Canadians know a thing or two about maple syrup—including that this kitchen staple isn't just for pouring generously over pancakes! It adds a sweet, aromatic flavour to many savoury dishes, too.

RECIPES MARIE-ÈVE CHARRON | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD
PROP STYLING CAROLINE SIMON

MAPLE ROASTED FENNEL
with spinach & pear salad

SERVING DISH, STOKES. PLATES, HOMESENSE.

PORK & SHRIMP MEATBALLS in sticky maple sauce

LARGE BOWLS, LINENS, HOMESENSE

MAPLE ROASTED FENNEL WITH SPINACH & PEAR SALAD

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 55 MINUTES

Maple Roasted Fennel

2	bulbs fennel, cut in 8 to 12 wedges each
2 tbsp	olive oil
salt and pepper	
4	slices prosciutto
3 tbsp	maple syrup

Maple Vinaigrette

1	small shallot, chopped
1/4 cup	maple syrup
1 tbsp	grainy mustard
2 tbsp	sherry vinegar (or red wine vinegar)
2/3 cup	olive oil
salt and pepper	

Spinach & Pear Salad

3 cups	baby spinach
2	ripe pears, peeled and thinly sliced
1/2 cup	shaved aged Cheddar cheese
1/3 cup	toasted hazelnuts, crushed
chopped fresh dill	
chopped fresh flat-leaf parsley	

Maple Roasted Fennel Preheat oven to 350°F; line baking sheet with parchment paper.

Place fennel on baking sheet, drizzle with oil and season generously with salt and pepper. Spread prosciutto slices over top. Bake until prosciutto is crispy, 10 to 12 minutes. Remove prosciutto and set aside. Increase oven temperature to 425°F. Drizzle maple syrup over fennel and bake until caramelized, 15 to 20 minutes.

Maple Vinaigrette Meanwhile, in bowl, whisk together shallot, maple syrup, mustard and vinegar. While whisking, drizzle in olive oil in thin stream. Season with salt and pepper; set aside.

Chop reserved prosciutto. On serving dish or in salad bowl, toss together spinach, pears, Cheddar, hazelnuts, prosciutto and Maple Roasted Fennel. Sprinkle with dill and parsley and drizzle with reserved Maple Vinaigrette.

PER EACH OF 6 SERVINGS about 465 cal, 7 g pro, 36 g total fat (7 g sat. fat), 29 g carb (4 g dietary fibre, 22 g sugar), 20 mg chol, 300 mg sodium, 1.2 mg iron.

PORK & SHRIMP MEATBALLS IN STICKY MAPLE SAUCE

MAKES 4 SERVINGS
HANDS-ON TIME 40 MINUTES
TOTAL TIME 1 HOUR 5 MINUTES

Pork & Shrimp Meatballs

500 g	lean ground pork
227 g	frozen Nordic shrimp, thawed, patted dry and finely chopped
2 tbsp	finely chopped fresh ginger
2	cloves garlic, finely chopped
4	green onions, chopped
2 tbsp	fish sauce (such as Nuoc-Cham)
2 tbsp	sambal oelek
2 tsp	toasted sesame oil
cooking spray	

Sticky Maple Sauce

1/2 cup	maple syrup
3 tbsp	cider vinegar
1/2 tsp	hot pepper flakes

cooked rice noodles
toasted sesame seeds
chopped green onions

Pork & Shrimp Meatballs Preheat oven to 425°F. Line baking sheet with parchment paper; set aside.

In bowl, mix pork, shrimp, ginger, garlic, green onions, fish sauce, sambal oelek and sesame oil until well combined. Shape by heaping tablespoon into 32 balls. Place meatballs on prepared baking sheet; lightly spray with cooking spray. Bake until lightly browned, about 15 minutes. Set aside.

Sticky Maple Sauce In large saucepan over medium heat, add maple syrup, 1/4 cup water, the cider vinegar and hot pepper flakes. Bring to boil. When sauce starts bubbling, add reserved meatballs and cook, stirring often, until coated with sauce and warmed through, 5 to 6 minutes. Serve over cooked rice noodles, sprinkled with sesame seeds and chopped green onions.

PER SERVING about 380 cal, 32 g pro, 15 g total fat (5 g sat. fat), 30 g carb (1 g dietary fibre, 25 g sugar), 160 mg chol, 990 mg sodium, 2.7 mg iron.

MAPLE-MISO RADISHES & WHITE BEAN PURÉE

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 30 MINUTES

White Bean Purée

1	540 ml can white beans, rinsed and drained
1	clove garlic, chopped
2 tbsp	almond butter
zest and juice of 1 lemon	
2 tbsp	olive oil
salt and pepper	

Maple-Miso Radishes

1 tbsp	miso paste
1/2 cup	lukewarm water
3 tbsp	olive oil
20 to 25	whole radishes, halved if very large
1/2 tsp	hot pepper flakes
3/4 tsp	ground cumin
1/4 cup	maple syrup
maple flakes	
chopped toasted almonds	
chopped fresh chives	
chopped fresh dill	
fleur de sel	
toasted crusty bread	

White Bean Purée In blender, purée beans, garlic, almond butter, lemon zest and juice, 3 tbsp water, and the olive oil until smooth. Season with salt and pepper. Set aside.

Maple-Miso Radishes In bowl, stir miso paste with lukewarm water until miso paste has dissolved. Add to large skillet with lid. Add oil and radishes; partially cover and heat over medium heat until liquid has almost completely evaporated, 5 to 7 minutes. Increase heat to high; cook, stirring constantly, until radishes are browned, 2 to 3 minutes. Sprinkle with hot pepper flakes and cumin; drizzle with maple syrup. Cook, stirring constantly, for 30 seconds; remove from heat.

Spread White Bean Purée over serving plate; top with Maple-Miso Radishes, plus the cooking liquid. Sprinkle with maple flakes, almonds, chives, dill and fleur de sel. Serve with toasted crusty bread.

PER SERVING about 415 cal, 10 g pro, 24 g total fat (3 g sat. fat), 40 g carb (7 g dietary fibre, 14 g sugar), 0 mg chol, 250 mg sodium, 4.1 mg iron.

SERVING DISH, INDIGO. LINEN, CASA LUCA. UTENSILS, H&M HOME.

MAPLE & MUSTARD SALMON
with soba noodles

PLATE, THE BAY. MEDIUM BOWL, ANTHROPOLOGIE. SMALL BOWL, IKEA

maple caramelized onion & goat cheese béchamel **TART**

PLATE, ANTHROPOLOGIE

MAPLE CARAMELIZED ONION & GOAT CHEESE BÉCHAMEL TART

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 3 HOURS

Crust

375 g	homemade or store-bought pie dough, very cold
2 tsp	Dijon mustard

Caramelized Onions

2 tbsp	olive oil
3	sprigs rosemary
5	onions, sliced
1/4 cup	maple syrup
1 tbsp	Dijon mustard
salt and pepper	

Goat Cheese Béchamel

3 tbsp	unsalted butter
3 tbsp	all-purpose flour
1 1/2 cups	18% table cream
1/3 cup	packed crumbled firm goat cheese
1	egg
salt and pepper	

Crust On floured work surface, using rolling pin, roll out dough to 1/4-inch thickness. Transfer to 9-inch tart pan, cut off excess dough from edge and prick bottom with fork. Freeze for 25 minutes.

Preheat oven to 375°F. Gently cover pastry with foil and fill with dried beans or pie weights. Bake for 10 minutes; remove foil and weights; bake for 3 minutes. Let cool. Brush bottom of Crust with Dijon; set aside.

Caramelized Onions In large skillet over medium-high heat, heat olive oil and rosemary. Add onions; cook, stirring often, until onions start to brown, 20 to 25 minutes. Reduce heat to medium-low; cook until onions are translucent and evenly caramelized, 15 to 20 minutes. Stir in maple syrup and mustard; cook until liquid has evaporated. Remove from heat, season with salt and pepper and let cool.

Goat Cheese Béchamel Preheat oven to 425°. In small saucepan over medium-low heat, melt butter. Add flour and cook, whisking constantly, for 1 to 2 minutes. Whisk in cream until mixture is smooth and thick, 5 to 6 minutes. Remove from heat; gradually whisk in goat cheese until melted and smooth. Whisk in egg; season generously with salt and pepper.

Gently stir Goat Cheese Béchamel into reserved Caramelized Onions to combine. Scrape into tart crust. Bake until top of tart is lightly browned, 20 to 25 minutes. Let cool for 20 minutes. Serve with green salad, if desired.

PER EACH OF 8 SERVINGS about 525 cal, 6 g pro, 38 g total fat (20 g sat. fat), 40 g carb (2 g dietary fibre, 10 g sugar), 65 mg chol, 400 mg sodium, 1.2 mg iron.

MAPLE & MUSTARD SALMON WITH SOBA NOODLES

MAKES 4 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 2 3/4 HOURS

Maple Sugar Salmon

625 g	skinless salmon fillet, cut in 1 1/2-inch cubes
1 tbsp	salt
1/3 cup	maple sugar
1 tbsp	dill seeds, ground
3/4 tsp	cayenne pepper
cooking spray	

Mustard & Maple Sauce

3 tbsp	Dijon mustard
4 tsp	cider vinegar
1/4 cup	maple syrup
3 tbsp	chopped fresh dill (approx)
salt	
cayenne pepper	
250 g	soba noodles
1 cup	frozen peas
maple flakes	
lemon zest (optional)	

Maple Sugar Salmon Place salmon, salt, maple sugar, dill seeds and cayenne pepper in bowl, mixing to coat. Refrigerate for 2 hours, stirring once.

Preheat oven to broil; line baking sheet with foil. Rinse salmon under cold water; pat dry. Place on prepared baking sheet and spray with cooking spray; broil for 6 to 8 minutes.

Mustard & Maple Sauce Meanwhile, in bowl, whisk together mustard, vinegar and maple syrup. Add dill and season with salt and cayenne pepper; set aside.

In large saucepan of boiling salted water, cook soba noodles according to package directions. During last minute of cooking, add peas; drain. Divide noodles and peas among plates. Top with salmon and drizzle generously with Maple & Mustard Sauce. Sprinkle with maple flakes and dill, and lemon zest, if using.

PER SERVING about 630 cal, 44 g pro, 21 g total fat (5 g sat. fat), 66 g carb (3 g dietary fibre, 15 g sugar), 85 mg chol, 900 mg sodium, 3.2 mg iron.

Cottage Cheese Chocolate Banana Bread

RECIPE INDEX

April 2025

CHICKEN
Chinese-Style Chicken Wings 66
Cottage Cheese Butter Chicken 85
Lemon, Chicken & Broccolini Pasta 65

DESSERTS
Cottage Cheese Chocolate Banana Bread 86
Maple Caramel Rolls 13
Milk Chocolate Cheesecake 72
Oatmeal Walnut Cookies with Maple Icing 89
Peanut Butter & Chocolate Dates 98

DIPS, DRESSINGS & SPREADS
Anchovy Vinaigrette 76
Green Onion Dip 61
Maple Icing 89
Peanut Sauce 64
Sweet & Sour Sauce 61

FISH & SEAFOOD
Anchovy Vinaigrette 76
Maple & Mustard Salmon with Soba Noodles 94
Pork & Shrimp Meatballs in Sticky Maple Sauce 92
Salade Niçoise with Seared Tuna 76
Shrimp Spring Roll Salad 64
Smoked Salmon & Spinach Quiche 76

PASTA
Cottage Cheese Fettuccine Alfredo 82
Lemon, Chicken & Broccolini Pasta 65
Maple & Mustard Salmon with Soba Noodles 94

PORK
Goat Cheese & Prosciutto Galette 67
Maple Roasted Fennel with Spinach & Pear Salad 92
Marmalade- & Rum-Glazed Roast Ham 71
Pork & Shrimp Meatballs in Sticky Maple Sauce 92

SALADS
Maple Roasted Fennel with Spinach & Pear Salad 92
Salade Niçoise with Seared Tuna 76
Shrimp Spring Roll Salad 64

SAVOURY TARTS
Goat Cheese & Prosciutto Galette 67
Maple Caramelized Onion & Goat Cheese Béchamel Tart 94
Potato & Mascarpone Galette 78
Smoked Salmon & Spinach Quiche 76

SNACKS & STARTERS
Artichoke & Caper Devilled Eggs 69
Gluten-Free Cottage Cheese & Seed Bread 86
Green Onion Dip 61
Green Onion Pancake 61

VEGETARIAN DISHES
Artichoke & Caper Devilled Eggs 69
Cottage Cheese & Vegetable Frittata 85
Cottage Cheese Fettuccine Alfredo 82
Gluten-Free Cottage Cheese & Seed Bread 86
Green Beans & Romesco Sauce 71
Green Onion Pancake 61
Maple Caramelized Onion & Goat Cheese Béchamel Tart 94
Maple-Miso Radishes & White Bean Purée 92
Polenta & Tuscan Beans 63
Potato & Mascarpone Galette 78
Vegetable & Prune Tagine 41

To find out more about our recipes' nutritional information, go to **canadianliving.com/nutritioninfo**.

real life made simple
Canadian Living

AT YOUR SERVICE

Manage your subscription online with ease!

RENEW MY SUBSCRIPTION

Renew or extend your subscription online to enjoy uninterrupted delivery in service.

Please note that our renewal notices are produced in advance. You may receive a notification even after you have replied or paid your bill. Please verify your account status online.

CHANGE MY MAILING ADDRESS

Please allow 6 to 8 weeks for processing your address change.

MAKE A PAYMENT

Check your balance and pay your bill easily and securely.

GIFT SUBSCRIPTION

Give or renew a gift subscription in just a few clicks!

SUBSCRIPTION EXPIRY DATE

Find out when your subscription will end.

DELIVERY

Please allow 4 to 8 weeks for delivery of the first issue.

OTHER QUESTIONS

Check out our FAQ page.

Go to
canadianliving.com/service

subscription@tva.ca

Date night

Pop one of these bite-size delights in your mouth and enjoy the smooth combination of dates, peanuts and chocolate. You're welcome!

PEANUT BUTTER & CHOCOLATE DATES

MAKES 12 STUFFED DATES
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 1/4 HOURS

12	plump Medjool dates
1/2 cup	natural peanut butter (should be slightly runny)
1/3 cup	coarsely chopped roasted peanuts (approx)
1 1/4 cup	semisweet chocolate chips
2 tsp	unsalted butter
sea salt (optional)	
12 toothpicks	

Line baking sheet with parchment paper; set aside. One at a time, cut slit in dates (do not cut all the way through). Remove pits and gently press open the dates.

Fill each date with about 2 tsp peanut butter and a few chopped peanuts; set aside.

Place chocolate chips and butter in microwaveable bowl. Heat in 30-second increments, stirring between each, until completely melted and smooth.

Using one toothpick, prick one date and dip in chocolate mixture until fully coated; shake lightly to remove excess. Place on baking sheet. Repeat with remaining toothpicks, dates and chocolate mixture. Sprinkle dates with chopped peanuts and sea salt, if using. Refrigerate until chocolate has hardened, at least 1 hour. Remove toothpicks before serving. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 1 week or frozen for up to 3 months).*

PER DATE about 215 cal, 4 g pro, 10 g total fat (4 g sat. fat), 28 g carb (3 g dietary fibre, 24 g sugar), 1 mg chol, 75 mg sodium, 0.9 mg iron.

RECIPE, MARIE-ÈVE LAFORTE. PHOTOGRAPHY, TANGO/C. FOOD STYLING, NATALY SIMARD. PROP STYLING, CAROLINE SIMON. SERVING DISH, CUPS, CASA LUCA

Bio-Oil®
Skincare Oil
Huile de soin
125 ml
Specialist scar and stretch mark product.
Produit spécialisé pour cicatrices et vergetures.
SCARS
Helps improve the appearance of both new and old scars.
CICATRICES
stretch marks, and helps reduce the appearance of stretch marks during
l'apparence de vergetures durant la

It really worked miracles.

I would recommend it to anyone.

Cravings change.
Eggs stay the same.
Ultimate
Skillet Cookie
For egg recipe inspiration visit getcracking.ca
Egg Farmers
of Ontario
get
cracking.